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# *The Real Home-Keeper*

PUBLISHED BY

The Real Home-Keeper Publishing Co.

417 GRANVILLE STREET  
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**BY GEORGE A. BRANDOW**

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JEWELLER AND DIAMOND MERCHANT

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# This is for the Husband

You know very well, Daddy, that every man  
has a weakness for good cooking, but

You cannot expect to get  
“good eats” *unless* your wife  
is fully equipped with a line  
of Modern Cooking Utensils

The time to start fitting your  
kitchen is **NOW**

before you call a biscuit a “sinker,” and defame  
the qualities of the pie crust

Good kitchen equipment consists first of  
A GOOD RANGE, and the COOKING  
UTENSILS of ALL KINDS; Carving Sets,  
Crockery, Cut Glass, Etc. In fact, you  
can find everything for the kitchen at

The **Honig Stores**  
LIMITED

56-60 HASTINGS STREET EAST



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NOTE.—In recipes containing condensed milk, use one-half quantity of milk stated and dilute with water of an equal bulk to the milk.

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## A TABLE OF WEIGHTS AND MEASURES FOR HOUSEKEEPERS

With weights and measures just and true,  
 With stoves of even heat;  
 Well buttered tins and quiet nerves,  
 Success will be complete.

10 eggs .....	1 pound	2 gills .....	make 1 teacupful
1 quart of flour .....	1 pound	2 teacupfuls .....	make 1 pint
2 cupfuls of butter .....	1 pound	4 tablespoonfuls salt .....	make 1 ounce
1 generous pint of liquid .....	1 pound	1½ tablespoons granulated sugar, make	1 ounce.
2 cupfuls of granulated sugar.....	1 pound	2 tablespoonfuls flour .....	make 1 ounce
2 heaping cupfuls of powdered		1 pint loaf sugar.....	makes 10 ounces
sugar .....	1 pound	1 pint brown sugar .....	makes 12 ounces
1 pint of finely chopped meat,		1 pint granulated sugar makes	16 ounces
packed solidly .....	1 pound	1 pint wheat flour .....	makes 9 ounces
(The cup used is the common kitchen cup,		1 pint corn meal .....	makes 11 ounces
holding half a pint).			
2½ teaspoonfuls make one tablespoonful			
4 tablespoonfuls.....	make one wineglass		
2 wineglassfuls.....	make 1 gill		

A piece of butter the size of an egg  
 makes about 1½ ounces.

All measures are level; levelling done with back of a case knife.

Standard tablespoon, teaspoon and half-pint measuring cup are used.

To measure butter, lard, etc., pack into a cup or spoon and make level with case knife.

## TIME REQUIRED FOR COOKING THE FOLLOWING MEATS AND VEGETABLES

Beef, sirloin, rare, per pound, 8 to 10 mins.	Green peas, boiled .....	20 to 40 mins.
Beef, sirloin, well done, per	Shelled beans .....	1 hour
pound .....	String beans .....	1 to 2 hours
12 to 15 mins.	Green corn .....	from 20 to 30 mins.
Chickens, 3 or 4 lbs. weight, 1 to 1½ hrs.	Asparagus .....	15 to 30 mins.
Duck, tame .....	Spinach .....	1 to 2 hours
from 40 to 60 mins.	Tomatoes .....	1 hour
Lamb, well done, per pound .....	Cabbage .....	45 mins. to 2 hours
15 mins.	Cauliflower .....	1 to 2 hours
Pork, well done, per pound,.....	Dandelions.....	2 to 3 hours
30 mins.	Beet greens .....	1 hour
Turkey, 10 pounds .....	Onions .....	1 to 2 hours
3 hours	Beets.....	1 to 5 hours
Veal, well done, per pound .....	Turnips .....	45 mins. to 1 hour
20 mins.	Parsnips .....	from ½ to 1 hour
Potatoes, boiled .....		
30 mins.		
Potatoes, baked.....		
45 mins.		
Sweet potatoes, boiled .....		
45 mins.		
Sweet potatoes, baked.....		
1 hour		
Squash, boiled .....		
25 mins.		
Squash, baked.....		
45 mins.		

## TIME FOR BROILING

Steak, 1 inch thick.....	4 to 6 mins.	Fish, thick .....	15 to 25 mins.
Steak, 1½ inch thick.....	8 to 15 mins.	Chickens .....	20 to 30 mins.
Fish, small and thin.....	5 to 8 mins.		

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## METHODS OF COOKING

**Roasting**—All meat should be placed at least one inch from the bottom of the baking pan, using trivet or rack made for the purpose. Rub the joint well with salt and pepper, and dredge with as little Royal Household flour as will insure a dry surface. Very lean meat is improved by having thin slices of fat meat, either bacon or pork, or its own fat, laid over the surface at first until there is sufficient drippings to baste with. The oven and pan should be hot at first, then gradually reduce the heat. Baste frequently with equal quantities of fat drippings and water. (For time see the table.)

When done, remove roast to a hot platter, drain off the fat, add enough water to dissolve the glaze left in pan, and use this for gravy, either "au jus" or thicken slightly with brown roux.

This is a method for all roasts. The time varies with the kind of meat.

**Braising**—Braising is particularly adapted for meats that are lacking in flavor or are tough. A deep pan with a close-fitting cover is necessary. The covered pans sold as roasters are really braising pans, and owe their excellence to the fact that the two parts fit together so tightly as to confine the steam, thus the meat is cooked in its own vapor. The most stubborn pieces will yield to the persuasion of a braising pan and become tender, especially if a few drops of lemon juice or other acid be added to the gravy in the pan. Braising also affords an opportunity to render the coarse pieces savory by laying them upon a bed of vegetables or sweet herbs. Dry meats can be enriched by the process known as daubing.

**Broiling**—Broiling is cooking by direct exposure to a heat over a gas flame or hot coals. The surfaces are seared by exposing the meat to great heat at first, thus preventing the juices from escaping.

**Pan-Broiling**—Heat a cast-iron or steel frying pan to a blue heat. Rub it with a bit of fat meat till well oiled. Season the meat and lay in the pan just long enough to sear thoroughly, then turn and sear the other side, and continue turning often enough to keep the juices from escaping. Reduce heat and cook more slowly until meat is done.

**Sauteing**—To saute is to cook in a hot, shallow pan with a little fat, browning first one side and then the other.

**Frying**—To fry is to cook in hot fat, deep enough to cover the material to be cooked. Test for cooking as follows:

For cooked materials a one-inch cube of bread should turn golden brown in forty seconds.

For uncooked materials a one-inch cube of bread should turn golden brown in one minute.

All materials not containing egg, should be dipped in egg and crumbs to prevent food from absorbing fat. The albumen is hardened by the heat and forms a coating. Cook only a few pieces of the article at a time, reheating after each frying. Drain on brown paper.

**Utensils**—Iron or granite kettle, wire egg beater, and brown paper to drain on. Wire baskets are nice to have, but not essential.

The fats used are lard, cottolene and Napoleon Extra Virgin olive oil. To clear fat after using cut a raw potato into one-fourth-inch slices and add to the cooled fat. Heat gradually and when potatoes are browned strain fat



through cheesecloth placed over a strainer. If carefully strained each time the fat can be used repeatedly.

**Boiling**—In boiling, as in roasting, the general principle is to subject the meat to a high degree of heat at first until a layer of albumen hardens over the entire surface. The temperature should then be dropped much below boiling point and kept there until the gelatine and connective tissues are softened to almost the point of dissolving. Let the meat partly cool in the liquor, and if the slices are served on very hot plates they will be juicy, tender and well-flavored.

**Larding**—Use a piece of salt pork fat. Shave off the rind as closely as possible, cut the fat in one-fourth-inch strips, and cut these into strips the same width. With a larding needle draw these strips into the meat, leaving the stitches evenly distributed and in alternate rows until the whole upper surface is covered.

**Daubing**—When the large lardoons are forced through meat from surface to surface the process is called daubing.

### CARVING

To master the art of carving one must understand the anatomy of the meat to be carved. The carver should insist upon having a sharp knife, a large platter, and sufficient space to move his arms.

**Whole Fish**—The carving of fish is extremely simple. Run the knife the whole length of the back fin, then cut from the back fin to the middle of the fish; the flesh may then be separated from the bone. When one side is served, turn the fish over and carve the other side the same way. The centre of the fish is considered the best, as it is the fattest portion. The meat around the head and neck is decidedly gelatinous. Medium-sized fish like mackerel, salmon, trout, and so forth, are cut through the bone, thus giving a piece of fish on either side of the backbone for each serving.

**Beef**—For carving roast beef, a long, broad-bladed knife is required. Always cut across the grain of the meat; never with the grain. The joint of the beef known as the porterhouse roast or sirloin roast consists of the sirloin, the tenderloin, and the flank. The flank is tough, and if roasted, with the meat, is generally used for some made dish, such as croquettes, or hashed meat on toast; it is seldom carved at the table.

The **tenderloin** and **sirloin** must be carved against the grain. Cut thin slices parallel with the vertebræ, then cut close to the backbone, thus separating the slices. Rib roasts are carved the same way as the sirloin.

**Rolled Ribs** and round of beef are carved in round slices as thin as possible, each slice having considerable fat mixed with the lean.

**Beef Steaks** are carved across the grain.

**Sirloin Steak**—Cut slices at right angles to the vertebræ in both the sirloin and the tenderloin, then separate.

### LAMB AND MUTTON

**A Leg of Mutton** is considered by many the most difficult piece of meat to serve. If the hip bone is removed, the carving of this joint is simple, but it is usually left in. Place the leg on the platter, with the skin side next to the platter. Carve from the hip bone across the leg; these will be the largest

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slices as they come from the part of the joint which has the most meat. The portions near the knuckle are to be served in the same way; they will not be so rare as the thicker slices. Chops may be cut from the upper part of the leg.

**Fore Quarter of Mutton or Lamb**—Remove the fore leg and the shoulder, then separate the rib chops. Every part of the fore quarter of lamb is sweet and tender, but the neck in the fore quarter of mutton should be used only for stewing. In carving the shoulder of either lamb or mutton, one must study the meat before cooking.

**The Saddle of Mutton**—There are several ways of carving this joint. The fat, tenderloin, and kidneys should all be removed in one piece. The most popular way is to cut long slices parallel with the backbone, on the portion nearest the tail, and slices diagonally on the portion nearest the neck.

**The Loin of Mutton**—Generally this joint is carved by merely separating the chops, but it may be carved in the same manner as the saddle of mutton.

## VEAL

**Fillet of Veal**—This cut is carved like the round of beef.

**Shoulder of Veal**—The shoulder is often boned and stuffed. In that case, cut through the meat from side to side. If the bone is left in, carve in the same manner as the shoulder of mutton.

**Loin of Veal**—This cut is often stuffed, and the kidney is always cooked with the meat. Carve the same as the sirloin of beef, in large, thin slices.

## PORK

**Pork Spare Ribs**—Serve one rib to each person.

**Loin of Pork**—Chops may be carved and served, or the roast may be carved exactly like the sirloin of beef.

**Roast Ham**—Cut through the meat to the bone, using the portion nearest the knuckle first. Ham should be cut in very thin slices.

**Tongue**—The small end of the tongue is inferior to the thicker portion. Cut slices crosswise of the tongue and serve a slice from both portions to each person.

**Roast Pig**—Place the head of the pig at the right hand of the carver. Cut off the ears, then the head; cut the head in halves. Cut the whole length of the backbone, dividing the creature in two pieces. Cut off the leg of one half, then separate the shoulder from the body. Carve the ribs and loin at right angles with the backbone. Cut the other half in the same way. Young pig is very tender and the bones are soft, so carving is an easy matter.

## POULTRY AND GAME

**To Carve Poultry**—Place the bird on the platter with the head to the left and the side toward the carver. Insert the fork across the centre of the breastbone. Remove the wing, then the leg, then the side bone between leg and body. Cut slices from the breastbone to place from which wing was removed. Remove wishbone by cutting from end of breast to the left of the wing joint. Make an incision to the right of breastbone for removing stuffing. Remove fork from breastbone and cut the leg in small portions. Serve a slice of the light and a slice of dark meat to each person.

Serve one side of the bird before carving the other side.

**IF YOU APPRECIATE THE BEAUTIFUL, See page 35.**



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**Broiled Chicken**—Cut through the breast and cut in halves at right angles with the top of leg. But if birds are small, serve one to each person.

**To Carve a Duck**—Cut off the wing and the leg the same as for poultry. Cut the breast meat parallel with the breast bone, beginning at the side between the wing joint and the thigh.

**To Carve a Goose**—Carve in the same manner as a roast duck, but cut the leg into several portions.

**Grouse and Partridges**—These birds are carved like a goose, although sometimes the breast is separated from the bone and one-half breast is served to each person. Pigeons, quails and small birds are served whole, and generally on toast.

### BUTLER'S DUTIES

A butler is generally given full charge of the dining room, as well as of the other men servants. He waits on the table at breakfast, usually alone; but if the family is large or there are guests present, he may be assisted. He directs the washing of dishes and the cleaning of the silver. He prepares the salad. He attends to the bell, to the fires, to the lighting of the house. He makes and serves afternoon tea and sets the table for dinner. He announces all the meals, serves the dinner, does all the carving. If he is assisted, he serves the principal dishes, and the assistant serves the vegetables and sauces. He is responsible for the safety of the silver, for the arrangement of the flowers and fruits, and for the proper serving of the wines. He has full charge of all refreshments served in the evening, and is responsible for the locking of the house at night. He alternates with the footman or waitress in answering the bell in the evening.

### DINNERS AND LUNCHEONS

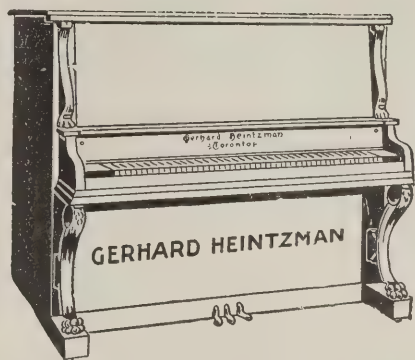
A formal dinner generally consists of ten courses, but may be eight or twelve. In order to have one harmonious whole, the different courses must blend well with each other. Avoid repetition; if oysters appear in the first course, they must not appear again. Observe these two points particularly in arranging the table: First, have the table linen immaculate and without folds; and second, arrange the covers with mathematical exactness.

The table may be square, oblong, or round; it must be covered with a soft pad, and then with the tablecloth, which should hang over the sides of the table at least one-quarter of a yard on every side. The selection of the guests for a formal dinner is extremely important, and the seating at the table so that all are congenial takes some time to plan. Name cards should be placed at each cover. Each gentleman should be given a card, on entering the dressing-room, with the name of the lady whom he is to escort to the dining-room, and the letter R or L, also on the card, indicating to the right or left of the hostess.

When dinner is announced, the host with the guest of honor leads the way to the dining-room, followed by the other men with their ladies, and the hostess with the gentleman of honor brings up the rear. The guests all stand behind their chairs until the hostess makes a move to be seated; then the men push up the chairs for the ladies, each lady seating herself from the left of her chair.

The decoration of the table should be simple and low in design, and in the centre of the table. A small flower may also be placed at the right of each

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cover. Of course, the colors of the flowers must harmonize with the china, but otherwise individual taste should be exercised.

The illumination of the table is most important. If candles are used, they must be so arranged as not to interfere with the guests and the shades so placed that they will slip down as the candles burn. If candle light is insufficient, try if possible, to have the lights come from the side rather than from above.

The Cover—The place for each guest and the necessary plate, silver, glasses, knives and napkin is called the cover.

Arrangement for Cover—Allow twenty inches for every person. Place a ten-inch service plate, having decorations, right side up, in the centre of this space, and one and one-half inches from the edge of the table. Arrange knives, edges toward plate, in the order in which they will be needed, beginning at the right. At the right of the knives place soup spoon, bowl up; at the right of the soup spoon the oyster fork, with tines up; the other forks, with tines up, at the left of the plate, in the order in which they will be needed, beginning with the extreme left.

If there are too many courses to admit of all the silver being put on at once, extra silver may be placed at each cover just before serving the course requiring it.

The glasses for water should be placed just above the centre of the plate, to the right, the wine glasses to the right of the water glass, in the order in which they are to be used. Place the napkins either to the left of the forks, or over the service plate. They should be so folded as to hold a bread stick or dinner-roll.

The name card is generally placed on top of the napkin or over the plate.

Serving the Formal Dinner—The dinner may be served from the butler's pantry, having each course arranged on individual plates, and placed by the waitress on the right side of the guest, with the right hand, and anything which is to be served with the courses passed with a tray to the left of the guest, and low enough and sufficiently near to the guest to be easily taken with the right hand. Served in this way there is less interruption to conversation.

Or each dish may be so arranged on a platter or serving dish on a tray that the guest may easily serve himself. Served in this way, the waitress places before each guest a plate before passing the courses.

At present the service plate is quite universally used; that is, the space in front of the guest is always occupied with a plate. When the waitress removes the course plate with the left hand, she places another plate with the right hand. In this way of serving, the tray, if used at all, is only used when the food is passed, not for removing dishes.

Removal of Courses—When everyone has finished, the waitress removes one plate at a time, beginning with the hostess or with the guest at the right of the hostess.

Before the dessert, everything not needed for this course should be removed from the table; if there are crumbs, they should be carefully brushed with a napkin on to a plate or tray. After this is accomplished, place the dessert dishes from the right. While the dessert is being eaten, the finger bowls, filled one-third full of tepid water, with a slice of lemon or a geranium leaf or a flower in it, set on a doily on a plate, may be placed in front of and;

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than three courses are served. Tea, coffee, or cocoa are served throughout the meal.

### Garnishings

It has been said that "what appeals to the eye generally appeals to the palate."

Use care and taste in serving; dainty service will make the simplest food most attractive.

Never allow any food which looks unsightly to be served. Toasted bread, burned on one side, may take away the appetite, but toasted a golden brown

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above the dessert plate. When the dessert plate is removed, the finger bowl is moved into the space. If fruit follows the dessert, the guest removes the finger bowl and doily from the plate and uses that plate for the fruit. If coffee is served in the dining-room, the finger bowls are not placed until after the coffee, but coffee is usually served in the drawing-room.

**Order of Service**—The guests on the right of the host and hostess are served first in the first course, in the second course the guests on the left, in the third course the second guest on the right of the host and hostess, and so on in rotation, so that no guest is served twice first. Some hostesses insist upon being served first. If the different courses are passed rather than served from the butler's pantry, this may be a good plan, but otherwise there seems to be no reason for it.

### MENU FOR A FORMAL DINNER

First Course		
Oysters or Clams in Shells		Brown Bread Sandwiches
Second Course		
Consomme		Croutons
Third Course		
Broiled Trout	Cucumbers	Maitre d'Hotel Butter
Fourth Course		
Croquettes or Sweetbreads		
Fifth Course		
Saddle of Mutton, Currant Jelly		Potatoes
Peas in Fontage Cups		
Sixth Course		
Punch		
Seventh Course		
Broiled Quail and Chestnut Puree		Tomato Salad
Eighth Course		
Bombe Glace		Sponge Cake
Ninth Course		
Fruit and Bonbons		
Tenth Course		

### Fagan's Gold Crown Coffee (Black)

Salted almonds and bonbons to be on the table all the time. Celery to be passed with oysters. Radishes or olives to be passed with fish course.

**Removal of Courses**—When everyone has finished, the waitress removes one plate at a time, beginning with the hostess or with the guest at the right of the hostess.

Before the dessert, everything not needed for this course should be removed from the table; if there are crumbs, they should be carefully brushed with a napkin on to a plate or tray. After this is accomplished, place the dessert dishes from the right. While the dessert is being eaten, the finger bowls, filled one-third full of tepid water, with a slice of lemon or a geranium leaf or a flower in it, set on a doily on a plate, may be placed in front of and;



## COURSES

First Course—Appetizers, cold hors-d'œuvres, eaten preliminary to the dinner, supposed to stimulate the flow of the digestive juices and create an appetite.

Second Course—Oysters or Shellfish. Salt, pepper, cayenne, tabasco sauce, and tiny brown-bread sandwiches are passed with this course.

Third Course—A Clear Soup. Hors-d'œuvres, such as celery, olives, radishes or pimolas, are passed with this course.

Fourth Course—Fish, broiled, fried, or baked; sometimes potatoes, and generally cucumbers or tomatoes dressed, are served.

Fifth Course—Entrees.

Sixth Course—The Meat Course, one vegetable besides the potato.

Seventh Course—Frozen Punches or Cheese Dishes.

Eighth Course—Game or Poultry and Salad.

Ninth Course—Hot Desserts or Cold Desserts.

Tenth Course—Frozen Desserts, Cakes and Preserves may be passed with this course.

Eleventh Course—Fruits.

Twelfth Course—Fagan's Gold Crown Coffee and Liqueurs.

### The Informal Dinner

The hostess serves the soup, and the host the fish and the roast. Vegetables, sauces and entrees are served from the side. Either the host or hostess makes the salad, and the hostess serves the dessert and the coffee. The cover is arranged same as for the Formal Dinner.

### The Formal Luncheon

The table may be covered or bare. If bare, use doilies for plates and glasses. The arrangement of the cover is the same as for the Formal Dinner. Lighter dishes are served for luncheon than for dinner; entrees take the place of the roast. Soup or bouillon is served in cups. Fruit may be served for the first course instead of canapes. The hostess sometimes serves the salad and the coffee, but it is better to have all served from the side.

### The Informal Luncheon

Like the Informal Dinner except that the roasts are omitted. When luncheon is announced, the first course may be on the table, and the dishes required for the remaining courses arranged on the side table. Seldom more than three courses are served. Tea, coffee, or cocoa are served throughout the meal.

### Garnishings

It has been said that "what appeals to the eye generally appeals to the palate."

Use care and taste in serving; dainty service will make the simplest food most attractive.

Never allow any food which looks unsightly to be served. Toasted bread, burned on one side, may take away the appetite, but toasted a golden brown

on both sides, with crusts cut off, and then cut in strips and served in between the folds of a fresh doily, will appeal to the most fastidious.

Parsley is always used to garnish meats. Meats should be skewered into shapely pieces before being cooked, and served on dishes to display them well.

Steaks and chops should be trimmed before cooking, then broiled evenly on all sides—never burned.

Rib chops should be garnished with chop frills.

Slices of lemon, hard-cooked eggs cut in strips, chopped pickles and parsley are used for garnishing fish.

Cold sweet dishes are garnished mostly with jellies cut in cubes, and candied fruits, red cherries and angelica being the most popular. Nuts and raisins are also used. Ice creams are garnished with meringues and spun sugar. Cakes are garnished with nuts and plain and fancy frostings put through a pastry bag and tube. Whatever garnishing is used avoid overdoing the matter; the simplest is always the most attractive.

## FIRST COURSE DISHES

### Canapes

Canapes are made from white, Graham and brown bread, sliced very thin and cut in various shapes. They may be dipped in melted butter, toasted or fried. The slices may be covered with any of the following mixtures. Served hot or cold.

### Anchovy Canapes

Cut bread in slices one-quarter inch thick, cut in circles, dip in melted butter, sprinkle with salt and cayenne, spread with anchovy paste, and sprinkle with a few drops of lemon juice.

### Cheese Canapes

Cut bread in quarter-inch slices, spread lightly with French mustard, sprinkle with grated cheese and finely chopped olives. Or brown in oven before sprinkling with olives.

### Crab Canapes

Cut bread in slices one-quarter inch thick, three inches long, and one and one-half inches wide. Spread with butter and brown in oven. Mix one cup chopped crab meat, one teaspoon lemon juice, two drops tabasco, one-half teaspoon salt, a few drops of onion juice, and two tablespoons olive oil. Mark the bread diagonally in four sections and spread them alternately with melted cheese and crab mixture. Separate sections with finely chopped pimento.

### Sardine Canapes

Cut brown bread in circles, spread with butter, and heat in the oven. Pound sardines to a paste, add an equal amount of finely chopped, hard-cooked eggs, season with lemon juice and Worcester sauce. Spread on brown bread. Garnish each canape in the centre with a circle of hard-cooked white of egg, capped with a teaspoonful hard-cooked yolk.

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### Shrimp Cocktail

One pint shrimp, two tablespoons Worcestershire sauce, two tablespoons vinegar, three tablespoons lemon juice, one tablespoon tomato catsup, one tablespoon horseradish, one teaspoon salt, few grains cayenne, few drops tabasco. Place shrimps in shallow dish after removing the black parts. Mix other ingredients. Pour over shrimps, and let stand for several hours. Serve ice cold in small glasses as a first course. The shrimps may be mixed with the sauce and served in halves of grapefruit, in lemon shells, or tomato cups. Set on a bed of ice.

### Oyster Cocktail

Follow recipe for shrimp cocktail, using one pint small oysters drained from their liquor in place of clams.

## SOUP ACCESSORIES

### Cheese Crackers

Eight crackers, salt, cayenne, grated cheese and butter. Spread crackers thinly with butter, sprinkle with salt and cayenne, and cover with grated cheese. Cook in oven until cheese is melted.

### Croutons

Cut bread one-fourth inch in thickness, remove crust. Cut slices in strips, and strips into cubes. Dip in melted butter, brown in oven, or fry in deep fat.

### Noodles

Royal Household flour, one-half teaspoon salt, one egg, cayenne, slight grating of nutmeg. Beat egg. Add seasonings and enough flour to make a stiff dough. Work on floured board until smooth and elastic. Cut a small portion and roll thin as a wafer. Cut in fancy shapes and cook in boiling salted water or soup stock twenty minutes. Serve hot in soup. This paste may be spread on the bottom of inverted dripping pans and baked in a quick oven. Crease before removing from pan.

## SOUPS

### Bouillon

Five pounds lean beef from middle round, two pounds marrow bone, three quarts cold water, one teaspoon peppercorns, one tablespoon salt, one-half cup each, cut in dice, of carrot, turnip, onion and celery. Wipe, and cut meat in inch cubes. Put two-thirds of meat in soup kettle, and soak in water thirty minutes. Brown remainder in hot frying-pan with marrow from marrow bone. Put browned meat and bone in kettle. Heat to boiling point; skim thoroughly, and cook at temperature below boiling point five hours. Add seasonings and vegetables, cook one hour, strain and cool. Remove fat and clear. Serve in bouillon cups.

### Puree of Celery

Cut two large stalks of celery in small pieces, and cook in salted water one-half hour or until tender. Mash and put through a sieve. Heat a quart of B. C. Evaporated milk in a double boiler, add salt, pepper and butter, and

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slightly thicken. Add the strained celery, let boil a minute and serve. This amount will serve six people.

### **Cream of Corn Soup**

Six ears corn, one pint water, one pint milk, slice of onion, sprig of parsley, two tablespoons butter, two tablespoons Royal Household flour. Scour kernels of corn, and scrape pulp. Simmer twenty minutes in kettle with cobs and water. Remove cobs and rub pulp through sieve. Scald milk with onion and parsley. Remove seasonings, and add milk to pulp. Smooth butter and flour, and add to milk. Serve whipped cream rose in each dish. Pass toast fingers.

### **Corn Soup**

One can corn, one pint boiling water, one pint B. C. Evaporated milk, one slice onion, two teaspoons butter, two tablespoons Royal Household flour, one teaspoon salt, pepper. Chop the corn, add water, and simmer twenty minutes; rub through a sieve. Scald the milk with onion, remove the onion, and add milk to corn. Thicken with butter and flour cooked together. Add salt and pepper and a little whipped cream just before serving.

### **Clam Bouillon**

Wash and scrub with a brush one-half peck clams, changing the water several times. Put in kettle with three cups cold water, cover tightly, and let steam until shells are well opened. Strain liquor through double thickness of cheese cloth. Serve in bouillon cups with spoonful of whipped cream on top, and bit of parsley.

### **Cream of Chestnuts**

One pint of chestnuts, shelled and blanched, one tablespoon Royal Household flour, cooked with one tablespoon butter, two cups hot B. C. Evaporated milk or stock, nutmeg, cayenne and salt, one cup cream. Add chestnuts, pressed through sieve, to butter and flour and hot milk or stock. Whip cream, and put in soup just before serving.

### **Emergency Soup**

Put one-half teaspoon celery salt in one cup hot water; boil ten minutes, add one pint B. C. Evaporated milk, small lump butter, and thicken a little.

### **Oyster Bisque**

Drain a quart of oysters through a colander for ten minutes. Add to liquor an equal quantity of water and bring to a boil. Chop oysters and add to the liquor. Cook gently for fifteen minutes. Soak four tablespoons of powdered crackers in cup of hot water and add three cups of B. C. Evaporated milk heated, with a pinch of salt. Heat two tablespoons of butter with tablespoon of Royal Household flour. Stir in thickened milk, cook one minute, and add strained liquor. Season with pepper and salt to taste.

### **Plain Oyster Stew**

One quart of oysters, four cups scalded milk, one-fourth cup butter, one-half teaspoon salt, one-eighth teaspoon pepper. Wash oysters by placing in a colander and pouring over them three-fourths cup cold water. Reserve the



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liquor, heat to a boiling point, and strain through double cheese cloth. Carefully pick over oysters and add to liquor. Cook until edges begin to curl. Remove oysters with a skimmer, and put in tureen with butter, salt and pepper. Add to liquor one pint B. C. Evaporated milk, and pour over the oysters.

### **Sour Cream Potato Soup**

For six people use four good-sized potatoes, peeled and cut in real small pieces. Boil in three pints of water. When done put in one cup sour cream, salt and pepper.

### **Queen Victoria's Favorite Soup**

One cup cold baked chicken chopped as fine as possible, one pint chicken broth, one cup sweet cream, salt and pepper to taste, yolks of three hard boiled eggs mashed fine.

### **Cream of Tomato Soup**

With one tablespoon of butter put two tablespoons of Royal Household flour and cook together. Add one cup of strained tomatoes, and simmer five minutes. Then add one-fourth teaspoon soda, salt and pepper to taste, and two cups of hot B. C. Evaporated milk.

### **Tomato Soup**

Skin carefully one gallon of ripe tomatoes. Put them in soup pot. Pour over two quarts rich soup stock. Let simmer one hour, run through sieve, and return to pot. Season with pepper, salt and clove or garlic. Serve soup as it boils up second time.

### **Tomato Bisque**

One quart B. C. Evaporated milk, one-half can tomatoes, one tablespoon butter, one tablespoon Royal Household flour: Rub flour and butter together, and add to milk. Stew tomatoes, rub through sieve. Add to tomatoes two teaspoons salt, one teaspoon sugar, one teaspoon onion extract, some paprika. Then put tomatoes into milk, and beat with an egg beater to make foamy.

### **Dark Vegetable Soup**

Four cups soup stock, one small onion, one small carrot, one small potato, one large tomato or one-half cup of stewed tomatoes, two tablespoons of celery-broth (the celery-broth is a cereal and comes in ten-cent packages), pepper and salt. Boil until vegetables are soft, then put through colander. Serve with cubes of toasted bread.

### **Vegetable Soup**

Put two pounds of beef into four quarts of water, and boil one hour. Then add one good-sized onion, one bunch celery, one carrot, one-half can of tomatoes, two potatoes, one bunch of parsley; all cut rather fine. Season with salt and pepper. Boil two hours. Strain through a colander. Boil for one-half hour. Serve with crackers.

## **FISH**

The freshness of fish is best determined by the odor. If the flesh of the fish is soft and flabby the fish has been frozen or has been kept too long.

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**Fish Fillets** are the flesh of vertebrate fish separated from the bone and cut into large or small pieces.

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### **Garnishings for Fish**

Parsley, lemon slices, lemon baskets, lemon slices sprinkled with finely chopped parsley, chopped red or green pepper, potato balls, olives, hard-cooked eggs, capers, and mashed potato and mushrooms, cucumbers and tomatoes; pickles cut lengthwise and spread to resemble a fan; maitre d'hotel butter and watercress.

### **Baked Haddock With Oyster Stuffing**

Two cups oysters, one-fourth cup butter, one tablespoon chopped parsley, one cup cracker crumbs, salt, pepper. Drain oysters; mix crumbs, melted butter and parsley; season highly with salt and pepper; sprinkle oysters with salt and pepper and mix with crumbs. Remove head, tail and bone from haddock; season with salt, pepper and Empress lemon juice. Stuff with oyster stuffing and sew. Place on fish sheet or strips of chesee cloth in baking pan, dot with butter, and sprinkle with salt and pepper. Bake, allowing twelve minutes to the pound, basting with melted butter, or after fish is stuffed, place in pan; cover with buttered cracker crumbs and baste. Remove from pan to hot platter; garnish with parsley and pickles, and serve with tomato, Hollandaise sauce, or egg sauce.

### **Panned Oysters**

Melt two tablespoons of butter in hot frying-pan, add one pint of cleaned and drained oysters, sprinkle with salt and pepper, and cook in hot oven until edges shrivel. Serve on hot buttered squares of toast with strained liquor from oysters. Garnish with finely chopped parsley.

### **Sauted Oysters**

Pick over, drain and dry oysters; dip in crumbs, egg and crumb, season with salt and pepper. Melt one tablespoon each of lard and butter in frying pan. When hissing hot, cover bottom of pan with prepared oysters and saute until a golden brown on both sides. Drain on brown paper, re-heat in oven if necessary. Serve on hot platter and garnish with parsley, lemon and sauce tartare.

### **Lobster**

To open a lobster, wipe lobster, break or sever small and large claws from the body. Separate tail from body portion by twisting and pulling at the same time. Remove meat from body portion carefully, picking edible portion from small bones. Reserve liver and coral if there be any; discard stomach, or "Lady." Meat from the body of the lobster is the sweetest and tenderest but is often thrown away because of the difficulty in removing it. Break the large claws, or if the shell is tender, cut with scissors, and remove whole. Crush the tail shell and remove the meat in one piece. Cut the entire length of the tail meat and remove the intestinal canal. The small claws are attractive for garnishing, and should be reserved.

**LEAVE THE FLAT AND MOVE TO PAGES 152-153.**

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### **Creamed Lobster**

One pint of lobster meat, four tablespoons butter, four tablespoons Royal Household flour, parsley, salt, pepper, cayenne, two cups cream, one red pepper cut in ribbons, one teaspoon lemon juice. Make a white sauce of butter, flour, seasonings and cream. Par-boil red pepper, add to sauce with lobster meat, re-heat, and serve on rounds of buttered toast.

### **Crabs in Red Peppers**

Eight red peppers, one pint crab meat, four tablespoons butter, four tablespoons Royal Household flour, one tablespoon onion, salt, Empress pepper, paprika, mustard, cayenne, nutmeg, one cup cream. Par-boil red peppers. Make a white sauce with butter, flour, cream and seasonings. Add crab meat, fill peppers with crab mixture, cover with buttered and seasoned soft bread crumbs, and bake until crumbs are brown.

### **Baked Fish**

Clean, wipe and dry the fish, rub with salt inside and out, stuff and sew; cut gashes two inches apart on each side so they will alternate and skewer in the shape of an S or O. Put the fish on a greased baking sheet, or if this fish sheet is not at hand, place strips of cotton cloth under the fish by which it may be lifted from the pan. Sprinkle with salt and Empress pepper and place narrow strips of pork lardoons in the gashes. Place in a hot oven without water; baste with hot water and butter as soon as it begins to turn brown, and repeat every ten minutes afterwards. For a four-pound fish the time would be an hour. Remove to a hot platter, draw out the strings, wipe off all water or fat which remains from the fish, remove pieces of pork. Garnish the head of fish with parsley or water-cress.

### **Stuffing for Baked Fish**

One cup cracker crumbs, one-fourth teaspoon salt, one-eighth teaspoon Empress pepper, one teaspoon chopped onions, one teaspoon chopped parsley, one teaspoon capers, one teaspoon chopped pickles, three tablespoons melted butter. This is sufficient for a fish weighing four to six pounds.

### **Brook Trout**

Dress, clean and wipe dry and rub with salt and Empress pepper, lay in a baking dish with chopped onion, mushrooms and parsley. Dot the fish with butter and pour in enough thin broth to cover the bottom of dish. Add the juice of one-half onion, and bake till the flesh parts easily from the bone.

### **Fried Fillet of Cod or Haddock**

Dress and clean the fish, remove the skin and backbone, cut flesh in square pieces, season with salt and pepper and roll in fine white corn meal. Try out several slices of salt pork, lay the fish in the hot fat, cook brown on each side, drain on soft paper, and serve hot. Serve with butter, and garnish with slices of lemon. Any fish having firm white flesh can be prepared in this manner.

### Planked Shad or Whitefish

Shad are in season from January to June; Jack shad are usually cheaper than roe shad. Clean and split a three-pound shad, place skin side down on heated oak plank one inch thick, sprinkle with salt and Empress pepper and brush over with butter. Bake twenty-five to thirty minutes in a hot oven or in a gas stove under the broiling flame. Garnish with parsley and lemon.

### Fish au Gratin

Three pounds fish, two cups White Sauce No. 1, one-half cup cracker crumbs, two tablespoons butter, one-half teaspoon salt, one-fourth teaspoon Empress pepper, few grains cayenne, one-fourth teaspoon celery salt, two tablespoons chopped parsley. The fish should be freed from skin and bones and broken into little flanks. Melt the butter and combine with cracker crumbs. Butter a baking dish and place alternate layers of fish and cracker crumbs, moisten with sauce and sprinkle with seasonings, sprinkle buttered crumbs over the top and bake in a quick oven for ten or fifteen minutes.

### MEAT

“Some hae meat that cannot eat.  
And some would eat that want it;  
But we hae meat, and we can eat,  
Sae let the Lord be thankit.”  
—Burns.

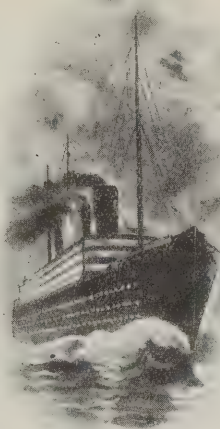
### Hamburg Steak a la Tartare

One pound round steak, two ounces beef suet, one-fourth cup chopped onion, one-fourth cup bread crumbs, salt and Empress pepper. Put meat through meat chopper, treat suet in same way; add finely chopped onion and season with salt and pepper. Shape in balls, roll in crumbs, and broil over a clear fire, or pan-broil. Serve on hot platter with brown gravy, Empress tomato sauce, or Empress Spanish sauce. Garnish with parsley.

### Roast Beef

A standing roast is one with the ribs left in. A rolled roast is one with the ribs removed, the meat rolled and tied. The tip of the sirloin is considered one of the best pieces for roasting. The pan and rack should both be hot. Wipe and rub the joint with salt and Empress pepper and dredge with flour. Have the oven hot for the first ten or fifteen minutes to sear the surface. Reduce heat, add water to cover the bottom of the pan, and baste every fifteen minutes if a self-basting roaster is not used. Let the water cook away towards the last. After the meat is done remove this to a hot platter. Add one pint of hot water to sediment left in the pan after the fat has been poured off, place on a stove and scrape all the glaze from the bottom and sides of the pan. When it boils add a thickening made of two teaspoons of Royal Household flour rubbed smooth with four tablespoons of cold water, pouring it in slowly. Boil well, add salt and Empress pepper to taste, and strain into a hot sauce bowl.

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### French Roast

If the piece of meat is lean or of second quality it will be improved by rubbing it well with a preparation of four tablespoons of salad oil, two tablespoons chopped parsley, one sliced onion, two bay leaves, juice of one-half lemon. Rub meat well and let it lie from eighteen hours to two days, turning in the dressing once or twice. Baste meat with the same dressing, adding salt and Empress pepper to taste. Serve "au jus," as in plain roast.

### Fillet of Beef, Larded

The true fillet is the tenderloin. A short fillet, weighing from two and one-half to three pounds (the average weight from a very large rump), will suffice for ten persons at a dinner where this is served as one course, and if a larger quantity is wanted a great saving will be made if two short fillets are used. Remove from the fillet with a sharp knife every shred of ligament and thick, tough skin. Draw a line through the centre and lard with two rows of pork, having them meet at this line. Dredge well with salt, Empress pepper and Royal Household flour, and put, without water, in a shallow pan. Roast for thirty minutes in a hot oven. Serve with mushroom or tomato sauce, or with potato balls. If with sauce this should be poured around it. The time given cooks a fillet of any size, the shape being such that it will take one-half hour for either two or six pounds.

### Pot Roast

Four or six pounds from the middle or face of the rump, or the round. Wipe with a clean, wet cloth. Sear all over by placing in a hot frying pan with fat trimmings from the meat, and turning until all the surfaces are browned. Put in a kettle with one cup of water and place it where it will keep just below the boiling point. Do not let the water cook entirely away, but add only enough to keep the meat from burning. Have the cover fitted closely to keep in the steam. Cook till very tender, but do not let it break. Add seasonings after the first half hour of cooking. Serve hot or cold.

### Broiled Beefsteak

Wipe with cloth wrung out of hot water, and trim off any superfluous fat. Place on hot broiler, which has been rubbed with fat, cook over clear fire, turning every ten seconds the first minute to sear the surface. Steak one inch thick requires six minutes if liked rare; eight minutes, if well done. Remove to hot platter, season with salt and Empress pepper, and serve with mushroom sauce, tomato sauce or maitre d'hotel butter.

### Par-Broiled Steak

Wipe and trim as above, heating iron frying pan smoking hot, and rub with fat. Lay the steak in the pan, sear each side quickly, then draw back to cook more slowly about four minutes, turning often. When done lift to a hot platter, add salt and Empress pepper, dissolve the glaze in the frying pan in two or three teaspoons of hot water, pour over the steak, and serve.

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### Beef Stew

Two pounds lean beef from round, or two and one-half pounds if there is a bone, one quart of water, two cups potatoes cut in one-half inch slices, turnip and carrots, one-half cup each cut in one-half inch cubes, one-half small onion cut in thin slices, three tablespoons Royal Household flour, salt and Empress pepper. Wipe meat with wet cloth, separate meat, bone and fat; try out some of the fat in the frying pan, cut meat into one and one-half inch cubes, sprinkle with salt and pepper and dredge with flour. Sear the meat in the hot fat, stirring constantly. When all surfaces are well browned, put in the kettle; cover and let boil up once, skim and then simmer for two and one-half hours. Add carrot, turnip and onion the last hour of cooking. Par-boil the potatoes and add to stew fifteen minutes before taking from fire. Remove the bone, large pieces of fat, and skim; thicken with three tablespoons of flour diluted with enough cold water to pour easily. Let the stew come to a boil again and cook ten minutes.

Mutton, veal, or lamb can be cooked in this manner. When veal is used, try out two slices of pork as there will not be much fat on the meat. Lamb and mutton should have some of the fat put aside and butter substituted.

### Boiled Tongue

Three pounds fresh tongue, one-fourth cup butter, carrot, turnip and onion, one-fourth cup diced; one tablespoon cornstarch, bit of cinnamon, one clove, bouquet of Empress sweet herbs, one-half lemon, one teaspoon salt, one-fourth teaspoon Empress pepper.

Wash tongue, cover with boiling water and cook slowly two hours. Remove from water, blanch in cold water, and remove skin and roots. Cook vegetables in butter five minutes, remove them to a deep braising pan. Brown tongue in fat and place on vegetables in pan. Add Empress clove, cinnamon, and sweet herbs, salt and pepper; cover the tongue one-half way with stock in which it was cooked. Cover the braising pan and bake two hours. At the last half hour the juice of lemon is added. When tender remove to hot platter.

For gravy add cornstarch dissolved in cold water to stock in braising pan, which should be reduced to one pint. Boil five minutes and pour around the tongue on hot platter. One teaspoon Worcestershire sauce or Empress tomato catsup may be used in gravy.

### Roast Veal

Six pounds of veal taken from the leg, from the loin, or from the breast. Skewer meat into shape; dredge with Royal Household flour, and sprinkle with salt and Empress pepper. Cover top with a slice of salt pork. Allow twenty minutes to the pound, bake in a hot oven and baste every ten minutes with fat from the pan. If there is not sufficient fat in the pan, try out some pork on top of the stove and use that for basting. Remove pork slices from top of meat one-half hour before it is done and brown. A gravy may be made from the fat in the pan, same as brown gravy.

### Veal Cutlets

Choose only the tenderest of veal for cutlets. Cut meat from leg, shape either in individual cutlets or in one large cutlet. Cover veal with



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oil and let it stand one hour. Drain; cover with boiling water and simmer until tender, having only sufficient water in stewpan to keep cutlets from burning. Remove from stewpan; cool; sprinkle with salt and Empress pepper, dredge with Royal Household flour; dip in eggs and crumbs, and saute in pork fat or fry in deep fat. Serve on hot platter with brown sauce, Empress tomato sauce, or Empress mushroom sauce.

### **Veal Chops**

Wipe chops taken from the rack of veal; make an incision and put in a few drops of Empress onion juice, lemon juice, salt and pepper; dip in Royal Household flour, egg and crumbs, and saute in pork fat until tender. Serve on hot platter with tomato sauce and parsley.

### **Roast Mutton**

The leg, loin, saddle and shoulder are used for roasting. Allow twelve minutes to the pound, if liked rare, fifteen if liked well done, basting every ten minutes. To roast a leg of mutton first remove the pink outer skin, as this contains the strong flavor. Never roast with the caul left on. The bone from the leg may be removed and the cavity stuffed and edges sewn; or the leg may be roasted without removing the bone. In either case wipe meat, dredge with Royal Household flour, sprinkle with salt and Empress pepper, and place on rack in dripping pan. Dredge pan with flour, and if the mutton flavor is desired, place pieces of mutton fat in the pan, or salt pork may be substituted.

### **Stuffed Lamb or Mutton Chop, with Spanish Sauce**

Prepare French chops. Cut through meat to the bone, making a pocket; fill pocket with mushroom mixture, close with skewer and boil.

### **Mushroom Mixture**

Melt two tablespoons butter, add two tablespoons Royal Household flour, one tablespoon finely chopped onion, half cup Empress chopped mushrooms, one teaspoon salt and cream to make of consistency to shape. This is sufficient to stuff eight chops.

### **Pork**

Select sparerib, loin or shoulder for roasting. Wipe meat, place on pan, dredge meat and pan with Royal Household flour. Sprinkle with salt and Empress pepper. Bake in moderate oven allowing twenty-five minutes to the pound. Serve with cooked apples in some form—apple sauce, Empress apple jelly, or fried apples.

### **Roast Little Pig**

Clean, wipe and stuff a three-weeks old pig. Skewer into shape; place on rack in pan; rub with butter, dredge with Royal Household flour, and sprinkle with salt and Empress pepper. Place in moderate oven; when heated through increase heat; baste every ten minutes with melted butter, turning often to cook and brown uniformly. Cook from three to four hours, according to size of pig. Serve on hot platter in a bed of parsley. Garnish with apple sauce in red apple shells, lemon and parsley.

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### Boiled Ham

Select a medium sized ham; soak over night in cold water. Clean and wipe; cover with cold water; bring to the boiling point, and then simmer until tender, allowing thirty minutes to the pound. Cool in water in which it was cooked. Take off the skin, sprinkle with sugar, and cover with seasoned cracker crumbs. Bake twenty to thirty minutes. Decorate with cloves, garnish with parsley and lemon, and serve hot or cold. A more aromatic flavor is given to the ham if a bouquet of sweet herbs and one-half cup each of onions, carrots and turnips are boiled with it. Many baste the ham, when baking, with cider.

### Sausages

Buy the best. Pierce several times with skewer. Cook in hot frying pan in hot oven, fifteen to twenty minutes. Many prefer to cover sausages with boiling water after piercing and boil twenty minutes, then brown in frying pan on top of range. Always drain on brown paper before serving. Serve around a mound of mashed browned potatoes.

### Roast Venison

Lard a saddle of venison, sprinkle with salt and Empress pepper, dredge with Royal Household flour. Place in dripping pan and baste with melted butter. Allow ten minutes to the pound for roasting. Serve with Madeira or Empress currant jelly sauce.

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## COOKING HELPS

Salt toughens meat if added before it is done.

Meat should never be allowed to remain wrapped in paper, it absorbs the juice.

When grease becomes too hard, grate it and put it away in covered bottles; it is useful for macaroni.

A recent addition to the list of savory salts is onion salt, which is now put up in shaker cans or bottles for flavoring use.

Celery should be allowed to lie in cold water, to which a little salt has been added, for an hour before it is required for the table. This will make it very crisp.

Take bread scraps before they have become musty and dry them in the oven. When thoroughly dry, roll to a powder or put through the food chopper; put into jars for breading, etc.

To brown flour for gravies and soups, put a few tablespoons of flour evenly in the bottom of a baker's pan, over a moderate fire, stir until it has become a fine amber brown. Bottle and keep for use.

If you value your own and your family's digestion, don't serve tea with fish, the tannic acid hardens the fibre and makes it indigestible. It should not be offered with any form of fish, shell-fish or the articulate animals like lobster and crabs. Iced tea and soft shell crabs are a combination that should be avoided.

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## POULTRY

### A Few Points to Aid the Housekeeper in Buying Poultry

In buying poultry one should see that the bird has been properly killed, otherwise the flesh will be discolored and it will spoil the fowl. In choosing a chicken for roasting it must be young. A young pullet makes the best roasting chicken; always buy these when possible. The end of the breast-bone should be tested, and if pliable and soft, you can depend on having a nice young chicken. These remarks apply also to turkey, geese and duck.

### Boiled Chicken

Clean, stuff, truss and wrap chicken in cheese cloth; cover with boiling water, and cook until tender, below the boiling point. Serve on hot platter, sprinkle with chopped parsley, and garnish with oyster sauce. Allow twenty minutes to the pound for cooking.

### Braised Chicken

Braised chicken is generally a fowl. Wipe, stuff, sew, skewer and place on rack in kettle with tight-fitting cover. Place six slices of salt pork on bottom of kettle, and one-fourth cup each, carrot, onion, turnip, and celery, bit of bay-leaf, sprig of parsley, one teaspoon Empress peppercorns, two teaspoons salt and three cups boiling water. Cover kettle and cook in oven three to four hours, always keeping enough water in kettle to prevent vegetables from burning. When tender, brush over with melted butter, drudge with Royal Household flour and brown in oven. Serve with gravy and vegetables pressed through sieve. Garnish with parsley.

### Baltimore Chicken

Cut chicken in pieces for serving; sprinkle with salt and Empress pepper; dip in egg and crumbs taken from the centre of the loaf; arrange in baking dish, baste with melted butter, and cook in hot oven twenty to thirty minutes. Arrange on a hot platter. Garnish with thin slices crisp bacon, parsley and cream sauce.

### Creole Chicken

Cut a chicken in pieces for serving; season with salt and Empress pepper. Melt four tablespoons butter, add one-fourth cup finely chopped onion, chicken, and saute until golden brown. Remove chicken; add four tablespoons Royal Household flour, two cups chicken stock, two cups stewed tomato, one red pepper finely chopped, half cup celery, and salt to taste. Replace chicken in sauce, and simmer until tender. Arrange on dish; surround with sauce; garnish with cooked macaroni and parsley.

### Chicken Fricassee

Cut chicken in pieces for serving; season with salt and Empress pepper, brown in butter or pork fat. When golden brown cover with boiling water; add six Empress cloves, a bit of bay-leaf, a sprig of parsley, and simmer until tender. Melt four tablespoons butter, add four tablespoons Royal Household flour, two and a half cups water in which chicken was cooked. Cook ten minutes; add one cup cream or two egg yolks.



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### Chicken Pie

Cut a chicken in pieces for serving. Melt four tablespoons butter or use the same quantity of pork fat. Add one-fourth cup onion, a sprig of parsley, bit of bay leaf, four Empress cloves and one tablespoon salt. Put in chicken and cover with boiling water; cook until tender. Arrange chicken in baking dish; cover with strained and thickened stock. Cover whole dish with mashed potato or pastry crust. Bake until potato is brown or crust is done.

### Roast Chicken

Remove pin feathers, singe, take out tendons, draw skin back from neck, cut off neck close to body, cut out oil bag. Make an incision between the legs, running from the breast-bone down, and through this opening draw the entrails. If care is taken all of the internal organs can be removed at once, by separating the membrane inclosing the organs from the body. Draw windpipe through the neck opening. Never make an incision in the breast. Wash inside of bird with a cloth wrung out of cold water, removing all clots of blood. Wipe, stuff, sew up openings, truss, sprinkle with salt and Empress pepper, dredge with Royal Household flour, place on rack in dripping pan, and cook fifteen minutes in very hot oven. Then dredge pan with flour, reduce heat and baste every ten minutes until chicken is done, turning often. Allow fifteen minutes to the pound for roasting.

### Stuffing for Roast Chicken

Two cups soft bread crumbs, one-fourth cup melted butter, one tablespoon poultry seasoning, few drops onion juice, salt and Empress pepper, one teaspoon chopped parsley, hot water. Mix ingredients in order given. If a moist stuffing is desired, add hot water until of the right consistency; but many people prefer a dry stuffing. For a stronger flavor of onion cook one teaspoon chopped onion in butter and add to crumbs.

### Oyster Stuffing

Two cups cracker crumbs, one tablespoon chopped onion, one pint oysters, one-fourth cup butter, one tablespoon salt, one tablespoon Empress pepper, one tablespoon chopped celery, one-third cup boiling water or hot B. C. Evaporated milk. Par-boil oysters, dip in melted butter, add remaining ingredients and use for stuffing chicken, turkey or goose.

### Potato Stuffing

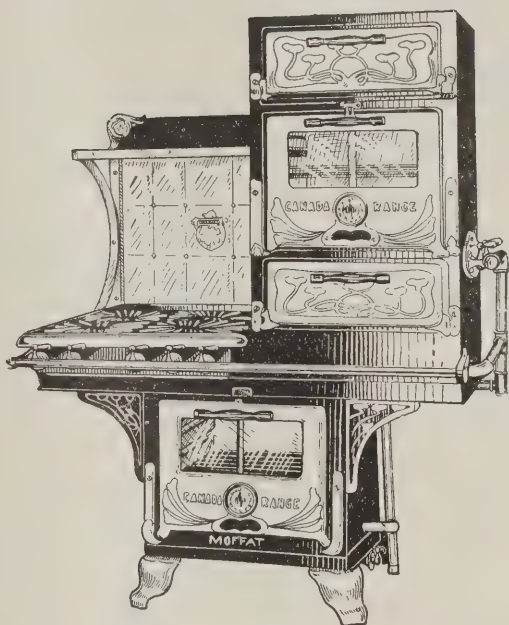
Two cups hot mashed potato, one-fourth cup salt pork cubes, two tablespoons onions, one teaspoon poultry seasoning, salt and Empress pepper, one cup cooked sausages cut in pieces. Cook the onion and the pork until yellow; add remaining ingredients. Use for stuffing chicken, turkey and goose.

### Roast Tame Duck

Prepare same as chicken; stuff with chopped celery. Allow ten minutes to the pound for duckling and twenty for an old duck.

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### Roast Turkey

Dress, clean, and stuff turkey, and follow directions for roast chicken. Some prefer to rub the surface of the turkey with butter and flour creamed together instead of dredging with Royal Household flour.

### Selecting Poultry

A chicken is known by its soft feet, smooth skin and soft cartilage at the end of the breast-bone, and the presence of pin feathers. A fowl has a coarser skin, rough square feet, a rigid breast-bone and long hairs. A young chicken has an abundance of pin feathers. Choose spring chicken for broiling; a young, plump chicken for roasting. Cock turkeys are generally better eating than hen turkeys, unless a hen turkey is young, small and plump. A young turkey should be plump, have smooth dark legs, with the cartilage at the end of the breastbone soft and pliable. Geese and ducks should not be more than a year old. The breast should be plump and firm, the fat white and soft, the wings tender, the feet yellow and the webbing tender. Young pigeons have tender pink legs, and light red flesh on the breast. In old ones it is very dark. Squabs are the young tame pigeons. They are as large as old birds, but soft and plump and covered with pinfeathers. Grouse, partridge and quail should have full breasts, dark legs and yellowish bills.

### How to Stuff

Use enough stuffing to fill the skin, that the bird may look plump when sewed. When cracker stuffing is used, allowance must be made for swelling, otherwise the skin will crack when cooked. The small openings may be closed by a skewer, the larger one sewed with half a dozen stitches, leaving a long end for convenience in pulling out.

## SALAD

### Bean Salad

Boil green or wax beans in salted water until tender; drain, and when cold slice an onion (little or much to suit taste) and pour over the salad dressing made as follows: (Dressing) one-half cup of vinegar, two eggs, one-half teaspoon Empress mustard, two tablespoons sugar (scant), one-half teaspoon salt (to taste). Beat the eggs to a stiff froth, stir into them the mixed salt, sugar, Empress mustard and vinegar. Cook in a double-boiler and beat constantly while cooking until light and thick (this prevents the separating of the eggs and the vinegar). Stir in two tablespoons butter, and cool. When ready to serve, thin with cream if dressing is too thick.

### Cheese Balls for Salad

Two Neufchatel cheeses, one tablespoon chopped olives, one tablespoon chopped pimientos, two tablespoons chopped walnuts. Make into balls, putting one-half English walnut on each side ball. Serve on lettuce with Empress French dressing.

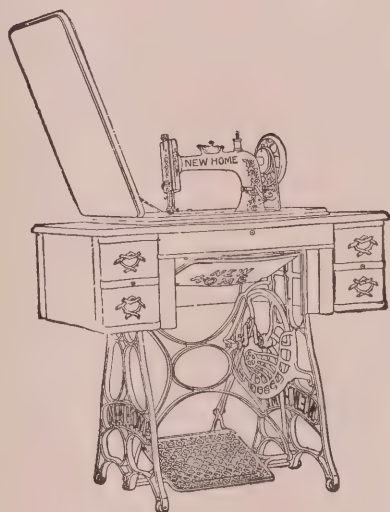
### Cherry Salad

Take large black-heart cherries or canned California cherries, white or black, well drained from the syrup. Remove the pits, without cutting the

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fruit any more than necessary, and replace with the meats of hazel nuts or small filberts. Arrange on lettuce leaves, and cover with mayonnaise dressing or whipped cream.

### **Fruit Salad**

Pour two quarts boiling water over three packages of Empress Jell-O and one cup granulated sugar. Set in cool place till quite thick, then add the following in layers: Candied cherries, twenty-five cents' worth; English walnuts, ten cents' worth; white grapes, fifteen cents' worth; one-pint can sliced pineapple. Grapes should be cut lengthwise through the centre, and seeds removed. Pineapple should be cut in small squares, leaving out the juice.

### **French Fruit Salad**

Two oranges, two bananas, twelve English walnuts, one head lettuce, mayonnaise. Wash, and put the lettuce to crisp. Peel the oranges, cut into slices, remove the seeds, then cut the slices in small pieces. Peel the bananas, and cut crosswise in small thin slices. Crack the nuts, and break the meats in small pieces. Arrange the lettuce for individual serving. Place a layer of bananas, then oranges, then bananas, in each lettuce cup, and dress with mayonnaise.

### **Green Bean Salad**

One quart beans cooked tender, drain; chop fine one small onion, one head of celery. Dressing: Yolks of three eggs, butter one-half size of egg, two tablespoons sugar, one teaspoon Royal Household flour, one teaspoon mustard, pinch salt, Empress red pepper, one cup vinegar. Mix salt, pepper, mustard, Royal Household flour and sugar together. Cook in double boiler; add cream when cold to thin it. Garnish with hard-boiled eggs and rings of red radishes.

### **Green Grape Salad**

Cut white California grapes into halves, take out seeds; cut celery into small pieces, cut also English walnut meats, using about the same quantity of grapes and celery nuts as desired. Mix well together and pour over a nice salad dressing. Serve on lettuce leaf. One cup rounded, each, of celery and grapes with a good one-half cup nut meats will serve six persons nicely.

### **Lemon Jelly Salad**

Make a lemon jelly of Empress gelatine, and mould in it nuts, apples cut in dice, and celery cut in small pieces. Serve with cream, salad dressing or mayonnaise.

### **Lobster Salad**

One can lobster picked fine. Season with a little salt, and pour over it part of dressing; set away to season through. At serving time add about one-half its bulk of lettuce leaves broken small. Mix in plenty of dressing. Serve on bed of lettuce, and garnish with small lettuce leaves.

### **Salad Dressing for Above**

One egg, butter size of egg, one small teaspoon mustard, three tablespoons of sugar, two tablespoons flour or cornstarch, one-half teaspoon salt. Beat

all together well, then add one cup of vinegar. Cook until creamy, stirring constantly. Strain through sieve.

### Pear Salad

Select pears of equal size, and leaving stem on, remove core from under side, and stuff with California grapes and chopped nuts. Then set the pears on a lettuce leaf, and serve with mayonnaise dressing.

### Potato Salad

Six boiled potatoes minced fine, four hard-boiled eggs sliced, two onions chopped fine (or if preferred one stalk celery). Dressing: One teacup vinegar, one well beaten egg, one small half cup melted butter, one teaspoon each of salt, Empress dry mustard and sugar. Heat together, and when cold add one-half teacup of sweet cream.

### Salmon Salad

With a can of red salmon, thoroughly mix a dozen pickles and a small head of cabbage, chopped fine. Add the following dressing, mixing well: Beat two whole eggs with two tablespoons sugar, add a large tablespoon of butter, one cup of vinegar, one teaspoon Empress mustard, and one tablespoon of cream. Boil like custard. Two hard boiled eggs, added just before serving, improve the salad. Serve with lettuce leaves.

### Tomato Jelly (Salad)

Take the juice of one can tomatoes, and to each glassful of juice add the juice of one-half lemon, one teaspoon of sugar, one-fourth teaspoon salt, one-fourth teaspoon Empress pepper, one-fourth teaspoon mustard. Let all come to a good boil, remove and add one teaspoon gelatine, which has previously been dissolved in one-half glass of water. Strain and pour into individual molds. Let stand over night. Serve very cold on lettuce leaves with mayonnaise dressing. Garnish with bits of celery and cold boiled potatoes.

### Vegetable Salad

One can French peas (no further cooking necessary), equal amount of celery, cut fine, five hard boiled eggs, cut in small pieces. Mix with mayonnaise dressing, to which whipped cream has been added.

### Boiled Dressing for Sliced Eggs

Three eggs, one teaspoon mustard, two teaspoons salt, Empress cayenne pepper, two tablespoons sugar, two tablespoons melted butter, one cup cream, one-half cup hot vinegar. Beat the yolks of the eggs until they are light and thick. Mix dry ingredients, add egg and melted butter, then B. C. Evaporated milk, and lastly gradually the vinegar, stirring continually to avoid curdling. Cook in double boiler until thick.

### Fruit Salad Dressing

Yolks of three eggs, two-thirds cup vinegar, one tablespoon butter, one teaspoon Empress mustard, two tablespoons sugar. Cook and add the beaten whites. When you serve add one pint whipped cream.

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### **Cream Mustard Dressing**

One egg beaten thoroughly, one heaping teaspoon Empress mustard, one teaspoon salt, four teaspoons sugar, one teaspoon Royal Household flour, one-half cup vinegar, one-half cup water, butter size of walnut. Cook in double boiler, stirring constantly. When cold, add a little whipped cream.

### **Boiled Mayonnaise**

One cup of cream, two tablespoons of salad oil, two eggs, one-half cup vinegar, one teaspoon Empress mustard, one teaspoon salt, one tablespoon sugar, one saltspoon pepper. Scald vinegar and cream separately. Stir beaten yolk into cream, then sugar, mustard, salt, Empress pepper, oil and lastly white of egg whipped stiff. Add boiling vinegar, return to fire, and stir to consistency of custard.

### **Salad Dressing**

Yolks of three eggs beaten to a froth; add one teaspoon brown sugar, pinch salt, teaspoon Empress mustard, dash of red pepper. To this add one-half cup vinegar, place in double boiler, stirring constantly until it thickens. When perfectly cold, add one-half cup sweet or sour whipped cream.

### **Salad Dressing for Fruit**

One-half cup any kind of fruit juice, juice of large lemon, one-third cup sugar (scant), whites two eggs, one level tablespoon cornstarch. Stir all together, and heat gradually until it thickens. Best with salads made with fruits and nuts.

## **VEGETABLES**

All green vegetables should be washed in cold water and cooked in boiling water. Salt may be added first or last, according to preference. Allow one tablespoon salt to each quart of water. The time required for cooking depends upon the age and freshness of the vegetables.

### **Asparagus**

Wash stalks, snap off all white tough parts. Tie in bunch. Cook in deep kettle of boiling salted water. Stand bunch upright for the first ten minutes. Cook twenty to thirty minutes; drain. Serve on buttered toast, spread with butter, and sprinkle with salt and Empress pepper. White sauce or Hollandaise may be served. The asparagus may be broken in inch pieces, cooked until tender, mixed with white sauce, and served on toast.

### **String Beans**

Remove all strings. Cut in inch pieces. Wash, cook in boiling water fifteen minutes. Add salt and cook until tender; drain, add butter, salt and Empress pepper. A piece of salt pork cooked with beans is considered by many as an improvement.



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### Brussels Sprouts and Cabbage

Remove outside leaves and soak in cold water for half an hour. Drain. Cook in boiling salted water until tender, changing the water at least once during cooking. Serve Brussels sprouts whole, with butter and salt, or with white sauce. Chop the cabbage when cooked, season with salt, Empress pepper and butter, re-heat and serve, or mix with one cup cabbage, one cup white sauce, cover with buttered crumbs, and bake until brown.

### Kohl Slaw

Shred cabbage finely. Soak in acidulated water. Drain, and cover with cream dressing. Serve very cold.

### Beets

Scrub beets, but do not break skin. Cook in boiling water—young beets about an hour, old beets until tender. Slip skins off as soon as taken from stove. Serve hot, with butter, salt and Empress pepper. Serve cold beets for garnishing potato salad.

### Carrots

Wash, scrub and scrape. Cook in boiling water (salted). Drain. Cut in slices and serve with white sauce; or they may be cut lengthwise and sauted in butter.

### Cauliflower

Cut stalk close to flower, remove green leaves and soak in cold, salted water one hour. Cook in cheese cloth bag thirty to forty minutes. Remove from bag and serve with Hollandaise or white sauce, or scalloped with white sauce and crumbs.

### Celery

Celery is usually eaten raw as a relish. Or it may be scraped, cut in inch pieces, cooked until tender, and served in a white sauce, or drained and fried in deep fat. It may also be scalloped with chopped red pepper, white sauce and crumbs.

### Corn

Remove husks and silk. Cook in a small amount of water from five to fifteen minutes. Cover while cooking with the inside green husks. Serve on the cob, or cut from the cob and serve with salt, pepper and butter. Corn may be made into fritters, or mixed with beans for succotash. Also served as pudding, mixed with eggs and B. C. Evaporated milk.

### Greens

Beet tops, dandelions, spinach, Swiss chard, young cabbage sprouts, cowslips, may all be prepared in the same way. Wash in many waters, until all grit and sand are removed. Cook in boiling salted water until tender. Drain, chop, and serve with butter and salt. Lettuce may also be cooked and served in this way. Garnish greens with hard cooked eggs.

### Boiled Macaroni

Break in inch pieces and wash. Cook in boiling salted water until tender. Drain; season with salt, Empress pepper and butter, and serve hot.



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### **Baked Macaroni**

Prepare boiled macaroni. Drain. Arrange in layers in a buttered baking dish with white sauce and cheese. Cover with buttered crumbs and bake until crumbs are brown.

### **Macaroni Baked With Tomatoes**

Arrange layers of cooked macaroni, stewed and seasoned tomato, and chopped green pepper. Dot each layer with butter. Cover all with buttered cracker crumbs. Bake in hot oven.

### **Scalloped Tomatoes**

Arrange in layers canned tomatoes and bread cut in cubes, sprinkle each layer with salt and Empress pepper, dot with butter. Bake one-half hour. For variety, rub dish with onion before putting in tomato.

### **Stuffed Tomato**

Cut a thin slice from smooth end of tomatoes. Scoop out pulp, mix with an equal quantity of cold cooked rice, macaroni, or bread crumbs. Add salt, Empress pepper, butter and a few drops of onion juice. Refill tomato shells, cover with tops, and bake one-half hour.

### **Peas**

Cook peas in boiling water. Use just enough water to keep them from burning. Add salt fifteen minutes before taking them from the fire. Season with butter and Empress pepper. Peas may be used for croquettes, or may be used with white sauce and served in croustade vases. Equal quantities of chopped carrots and peas served together are delicious.

### **Turnips in White Sauce**

Wash and pare; cut in pieces. Cook, mash, and season; or cut in cubes, cook in boiling salted water until tender, and serve in white sauce.

### **Boiled Potatoes**

Potatoes may be boiled with skins on, or may be pared and boiled in salted water. Old potatoes should be soaked in cold water at least an hour. Potatoes should be boiled gently, and not furiously. When tender, drain thoroughly, dry on back of range. Shake saucepan cover with coarse towel until ready to serve. Serve in open vegetable dish, never in a closed one.

### **Mashed Potatoes**

Cook potatoes in boiling salted water. Drain; mash. To each cup of mashed potato allow one tablespoon butter, one-half teaspoon salt, one-eighth teaspoon Empress pepper, and hot B. C. Evaporated milk to make of creamy consistency. Beat with a fork until light.

### **Potato Balls**

Add to one pint hot mashed potatoes one-eighth teaspoon celery salt, one teaspoon chopped parsley, salt, Empress pepper and butter to taste, and enough hot B. C. Evaporated milk to make of consistency to shape. Form

**LEAVE THE FLAT AND MOVE TO PAGES 152-153.**



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into smooth round balls, bake in hot buttered pan, or saute in butter, or fry in deep fat; or they may be sauted in sausage fat, which gives an appetizing flavor.

#### **Creamed Potatoes**

Cut two cups cold boiled potatoes in very thin slices, or in cubes. Add one cup white sauce. Season highly and re-heat in double boiler. Serve in hot dish, sprinkled with finely chopped parsley.

#### **Scalloped Potatoes**

Mix two cups potato cubes with white sauce. Cover with buttered bread crumbs, and bake thirty minutes in hot oven. A few drops onion juice may be added.

#### **Lyonnaise Potatoes**

Melt two tablespoons butter. Add one tablespoon finely chopped onion. When onion is yellow, add two cups potato cubes. Season with salt and Empress pepper, cook until potatoes are heated through, and sprinkle with finely chopped parsley, and serve.

#### **French Fried Potatoes**

Pare small raw potatoes, divide in halves, and cut each half in three pieces; cover with boiling water and let stand three minutes. Drain dry between cloths, and cook in frying baskets in hot fat ten minutes. Drain, sprinkle with salt, and serve.

#### **Potato Chips**

Slice raw potatoes, cover with cold water, and let soak over night. Drain dry between towels and fry in frying basket in hot fat about ten minutes. Drain and sprinkle with salt. Care must be used when lowering the basket into the hot fat, as the potatoes contain so much water it causes violent ebullition.

#### **Hashed Brown Potatoes**

Sprinkle two cups cold boiled potato cubes with salt and Empress pepper. Melt one tablespoon butter, add one tablespoon Royal Household flour and one-half cup brown stock. Cook five minutes add potato cubes; cook ten minutes, stirring without breaking potatoes. Melt one tablespoon butter in another frying pan. When brown, turn in potatoes, spread evenly, and cook ten minutes; fold like an omelet, and serve hot.

#### **Browned Sweet Potatoes**

Cut cold boiled sweet potatoes in lengthwise slices, sprinkle with salt and Empress pepper. Brush with butter and sprinkle with brown sugar. Brown in hot oven.

### **SAUCES FOR MEATS AND VEGETABLES**

#### **White Sauce**

Three tablespoons butter, four tablespoons Royal Household flour, one cup milk or brown stock, one-fourth teaspoon salt, few grains cayenne, one-fourth teaspoon pepper. Melt butter, add Royal Household flour, seasonings

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and liquid. Stir until the boiling point is reached. Boil five minutes, beating continually.

#### **Brown Sauce**

Three tablespoons butter, four tablespoons Royal Household flour, one cup B. C. Evaporated milk or brown stock, one-fourth teaspoon salt, few grains Empress pepper. Melt the butter, and cook until brown, add flour and seasonings, and stir until brown. Add liquid, little at a time, and boil five minutes, stirring all the time.

#### **Bearnaise Sauce**

Four egg yolks, one-half teaspoon salt, cayenne, four tablespoons oil or butter, one tablespoon tarragon vinegar, one tablespoon hot water, one teaspoon chopped parsley. Mix yolks and water; add butter and set in a dish of hot water; stir constantly until mixture thickens; add seasonings and serve immediately.

#### **Caper Sauce**

Two tablespoons butter, four tablespoons Royal Household flour, one-fourth teaspoon salt, few drops onion juice, few grains Empress cayenne, one and one-half cups boiling water, one-fourth cup capers, one tablespoon butter. Melt the two tablespoons butter, add flour, seasonings, and water. Cook ten minutes; add capers and, just before serving, a tablespoon butter.

#### **Hollandaise Sauce**

Four egg yolks, one-half cup butter, one-half teaspoon salt, one-fourth teaspoon Empress pepper, few grains cayenne, one-half cup cold water, two tablespoons Empress lemon juice. Put all ingredients except the Empress lemon juice into a saucepan; set saucepan into a larger one of hot water. Beat constantly until mixture thickens, keeping water below the boiling point all the time. Add lemon juice and serve immediately.

#### **Maitre d'Hotel Sauce**

Three tablespoons butter, three tablespoons lemon juice, three tablespoons parsley, one-fourth teaspoon salt, one-fourth teaspoon paprika, cayenne. Cream the butter and add remaining ingredients.

#### **Oyster Sauce**

Two tablespoons butter, four tablespoons Royal Household flour, one and one-half cups oyster liquor, one cup oysters, one-fourth teaspoon salt, few grains Empress cayenne. Par-boil oysters; drain and reserve liquor. Make a white sauce, with butter, flour, seasonings and oyster liquor; add chopped oysters and serve. Should there not be sufficient oyster liquor make up amount with milk.

#### **Sauce Tartare**

To one cup mayonnaise dressing add one tablespoon each of finely chopped parsley, finely chopped Empress olives, finely chopped Empress pickles, and one teaspoon finely chopped chives.



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### Tomato Cream Sauce

One cup white sauce, one tablespoon butter, one tablespoon chopped celery, one tablespoon chopped onion, one tablespoon kitchen bouquet, one teaspoon Worcestershire Sauce, one-half teaspoon Empress lemon juice, one cup tomatoes, one-fourth teaspoon soda. Melt butter; add celery and onion, cook five minutes; add tomatoes, cook ten minutes. Strain; add soda. To white sauce add kitchen bouquet and Worcestershire Sauce; cook five minutes. Combine tomato sauce and white sauce, add lemon juice and serve.

### EGGS

A fresh egg sinks when immersed in water. A stale egg, owing to evaporation which has taken place through the pores of the shell, floats.

#### Soft-Cooked Eggs, No. 1

Place eggs in saucepan, cover with cold water, bring to the boiling point, when they will be soft-cooked.

#### Soft-Cooked Eggs, No. 2

Bring water to boiling point, put in eggs, boil two minutes for soft, or three minutes for medium.

#### Hard-Cooked Eggs

Cover eggs with boiling water, and cook below the boiling point for four minutes. Remove from pan, cover with cold water, and wipe before serving.

#### Baked Eggs

Butter baking dish or platter, or individual ramekin dishes. Break each egg into a cup and drop into baking dish, sprinkle with salt and Empress pepper, and bake in a moderate oven—five minutes for soft-cooked and ten minutes for hard-cooked. Eggs are more delicately cooked if dish is placed in a pan of hot water in the oven, and water kept below the boiling point during cooking.

#### Poached Eggs

Break eggs in cup, butter muffin rings. Place in shallow pan and cover with boiling water. Allow two teaspoons of salt to each pint of water. Drop eggs into rings, and cook from five to eight minutes, keeping water below the boiling point during cooking. Remove the eggs on a buttered skimmer or pancake turner, and place on a round of buttered toast, sprinkle with salt and Empress pepper, and garnish with parsley.

#### Scrambled Eggs

Four eggs, four tablespoons B. C. Evaporated milk or cream, one-fourth teaspoon salt, one-eighth teaspoon Empress pepper, one teaspoon chopped parsley, two tablespoons butter. Beat eggs slightly, enough to blend yolks and whites; add seasonings, parsley and milk. Melt butter in frying pan, add egg mixture, and cook slowly, lifting carefully with a spoon to keep the mixture uniformly delicate.

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### Omelet

Two eggs, two tablespoons hot water or hot milk, one-fourth teaspoon salt, one tablespoon butter. Beat eggs well; add salt and milk. Melt butter in frying pan; add egg mixture; shake pan vigorously until eggs begin to brown on under side, then let it stand until golden brown on part of range where it will not burn. If moist on top place in oven to dry. Separate omelet from sides of pan with knife, and beginning at side near the handle, roll omelet slowly and carefully into the shape of a jelly roll; turn on to a hot platter, garnish and serve.

Omelets may be served in the following ways:—

#### Bacon Omelet

By adding finely chopped cooked bacon before folding.

#### Cheese Omelet

By adding grated cheese before folding.

#### Creamed Salt Fish Omelet

By combining creamed salt fish and finely chopped red pepper, and adding to omelet before folding.

#### Kidney Omelet

By adding stewed kidneys, highly seasoned.

#### Mushroom Omelet

By adding mushrooms.

## ENTREES

### Chicken forcemeat

One cup cooked chicken, salt, pepper, Empress lemon juice, onion juice, one-half cup soft bread crumbs, one-half cup hot milk, two eggs, one teaspoon chopped parsley. Chop meat and pass through a sieve. Soak bread in milk; add it with remaining ingredients to chicken; season highly and use as a filling in fontage cups, or shape in balls and poach in hot water, or roll in balls; roll in Royal Household flour and saute.

### Chicken Souffle

One and one-half cups of chicken, one-half cup mushrooms, two tablespoons butter, four tablespoons Royal Household flour, one-half cup bread crumbs, three egg yolks, one-half cup chicken stock, one-half cup cream, salt and Empress cayenne, one teaspoon parsley, three egg whites, one-fourth cup sherry. Melt butter; add flour, seasonings, stock, cream, chicken, mushrooms, bread crumbs; cook ten minutes; add egg yolks, and cut and fold in whites beaten until stiff, and the sherry. Bake in buttered baking dish forty minutes. Serve immediately with, or without, mushroom sauce.

### Creamed Oysters and Celery in Fontage Cups

One pint oysters, two tablespoons butter, one tablespoon Empress lemon juice, two tablespoons Royal Household flour, two eggs, one-half cup cream,



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salt, pepper, two tablespoons wine, one cup chopped celery. Melt butter, add oysters, and cook one minute. Remove oysters, add remaining ingredients except wine, cook until thick, add oysters and wine, and serve in fontage cups.

### **Creamed Lobster in Fontage Cups**

Two cups lobster meat, two tablespoons butter, one tablespoon grated onion, one-fourth cup cream, two tablespoons flour, one-half cup chicken stock, one tablespoon Empress lemon juice, one egg yolk, salt and cayenne. Melt butter; add onion, flour, stock and lemon juice, cook five minutes; season with salt and pepper, add cream, in which yolk of egg has been beaten, and lobster meat. When hot serve in fontage cups.

### **Chicken Croquettes**

Two cups chicken meat, salt, Empress pepper, lemon juice, one cup croquette sauce, onion juice. Cut meat in small pieces; add seasonings and white sauce. Shape, dip in crumbs, egg and crumbs, and fry in deep fat. These croquettes may be varied by adding one-fourth cup of chopped mushrooms, ham, sweetbread or truffles. More or less sauce is required according to the dryness of the chicken.

### **Veal Croquettes**

Cut one pint of veal in small pieces; add one tablespoon salt, one-fourth teaspoon Empress pepper, one tablespoon lemon juice. Melt three tablespoons butter; add two tablespoons finely minced onion, three tablespoons Royal Household flour, and three-fourths cup B. C. Evaporated milk or veal stock. Boil five minutes. Add eggs, well beaten. Stir constantly until thick. Mix with veal mixture and cool. Shape, allowing a rounded tablespoon for each croquette. Dip in crumbs, egg and crumbs, and fry in deep fat. Serve with or without white sauce.

### **Scalloped Brains**

Par-boil brains; sprinkle with salt, Empress pepper, and lemon juice. Cut in inch pieces. Arrange in layers in buttered baking dish, alternating with tomato sauce. Cover with buttered and seasoned cracker crumbs and serve with chopped pickles.

### **Frogs' Legs**

Skin the frogs' legs, sprinkle with salt and Empress pepper, dip in butter, then in Royal Household flour, and fry in hot fat. Serve with sauce tartare.

### **Green Pea Timbales**

Press one pint cooked peas through a sieve; add four tablespoons Royal Household flour, milk or soup stock, few drops of onion juice, salt, Empress pepper, cayenne, and the whites of three eggs, beaten until stiff. Press into buttered timbale moulds, set in a pan of hot water, and bake in a slow oven until firm. Unmould, serve on hot platter. Garnish with a piece of parsley on the top of each timbale and bechamel sauce.

### **Scalloped Mushrooms**

Wash, scrub and peel one pound of fresh mushrooms. Saute in butter. Arrange in layers with white sauce in buttered baking dish; when filed cover

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with cubes of bread which have been dipped in butter. Brown in the oven and serve.

### Stuffed Peppers

Cut the tops from eight red or green peppers; remove seeds; cover with boiling water; leave standing five minutes. Fill with any of the following stuffings. Cover with buttered bread crumbs, arrange in baking dish, and bake one-half hour.

### Tomato Croquettes

Mix two cups of tomato, four Empress cloves, two slices onion, two pepper-corns, one-half teaspoon salt and one-fourth teaspoon paprika. Cook ten minutes and press through a sieve. Melt three tablespoons butter; add one-fourth cup cornstarch and strained tomato mixture; boil ten minutes. Cook slightly, add one egg, pour into buttered pan, chill, cut in squares, dip in crumbs, egg and crumbs, fry in deep fat. Drain on brown paper. Serve.

### Beef Croquettes

Prepare by any of the recipes for chicken or veal croquettes if liked soft, but the following is recommended: Mince fine, but not to make it pasty; add an equal bulk of hot, boiled rice, cooked much softer than it is usually served for a vegetable; season highly with salt, Empress pepper, cayenne and onion juice, and set to cool. If it is too stiff, work in a little stock or gravy. Drain on brown paper.

### Oyster Croquettes

One cup raw oysters, one cup cooked veal, two tablespoons butter, three tablespoons cracker crumbs, two egg yolks, one tablespoon onion juice. Drain and clean the oysters, scald and strain the liquor; chop the oysters very fine, soak the cracker crumbs in the liquor, then mix all the ingredients and shape; dip in egg, roll in crumbs and fry as usual. Drain on brown paper.

## BREAD

**Bread**—One quart Royal Household flour, sifted, one small tablespoon salt, one small tablespoon sugar, one cake compressed yeast dissolved in warm water—about a pint. Mix and set to raise, knead thoroughly and let raise again. Knead slightly, put into pans and let raise. Bake three-quarters of an hour.

### Brown Bread

Two cups buttermilk, one cup light brown sugar, one tablespoon melted butter, one teaspoon salt, one teaspoon Golden West soda, two and one-half cups of whole wheat flour. Bake in gas stove thirty or forty minutes.

### Boston Brown Bread

To three cups of sour milk, add one small cup of molasses, a teaspoon of soda dissolved in a little boiling water, two cups of Graham or rye meal, two of white Royal Household flour; add salt. Place in deep baking dish or small cans like one pound Golden West baking powder can, thoroughly greased with lard. If the deep dish is used, a ring should be placed under it in the

steamer. Raisins scattered on top before cooking are a great improvement. Steam steadily three hours. Dry in oven and serve hot.

### **Baking Powder Biscuits**

Two cups Royal Household flour, two teaspoons Golden West baking powder, one-half teaspoon salt, two tablespoons butter, three-fourths cup of B. C. Evaporated milk. Mix in the flour, baking powder and salt, sifting twice. Work in the butter with the finger-tips. Add gradually the milk, mixing with a knife until of the consistency of soft dough. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Cut into shape and bake in a hot oven.

### **Corn Muffins**

One cup of corn meal, one-half cup of Royal Household flour, one and one-half teaspoon Golden West baking powder, sifted together. Add two tablespoons lard, two eggs, well beaten. Milk enough for a thin batter. Bake in a quick oven.

### **Cream Muffins**

One pint Royal Household flour, sifted with one heaping teaspoon Golden West baking powder. Beat together one pint of cream, one tablespoon of butter and a little sugar. Add two beaten eggs. Mix in the flour, drop in buttered muffin molds and bake quickly.

### **Custard Corn Bread**

One-half cup sugar, two cups sour milk, one teaspoon soda, one teaspoon salt, two eggs, well beaten; one and one-half cups corn meal, one-half cup Royal Household flour. Pour this mixture into a heated spider, containing two spoons of melted butter; then pour into the middle, without stirring, one cup sweet milk. Bake one-half hour in a hot oven.

### **Cheese Straws**

Roll pie crust dough the same thickness as for pies. Cut in strips from six to ten inches wide, and cut the strips into straws or sticks a quarter of an inch in width. Lay upon baking sheets, leaving a space between the straws a third the width of the straws. Grate rich cheese, season to taste with salt and Empress red pepper, and scatter thickly over the straws and spaces between them. Put in oven where the greatest heat will be at top and bake ten or fifteen minutes. Cut the cheese in the centre of spaces between the straws; remove from the baking sheets with a limber knife and pile tastily on a plate.

### **Corn Batter Bread With Rice**

Two cups sifted corn meal, one cup cold boiled rice, three well beaten eggs, one tablespoon melted butter, two and one-half cups B. C. Evaporated milk or enough to make a soft batter, one teaspoon salt, one pinch soda. Stir the beaten eggs into the milk, add the meal, butter, salt and soda, and last of all the rice. Beat up well from the bottom for three minutes and bake in a round, shallow pan in a quick oven.

### **Corn Bread**

One cup sour milk, one-half cup Royal Household flour, one cup yellow corn meal, one teaspoon salt, two tablespoons sugar, two tablespoons butter

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or drippings, one teaspoon soda (dissolved in hot water). Bake slowly for three-quarters of an hour.

### **Coffee Bread (Breakfast)**

One egg, one-half cup sugar, one cup sweet milk, two cups Royal Household flour, two teaspoons Golden West baking powder, one-half teaspoon salt. Bake in a quick oven in flat tins.

### **Currant Bread**

One and one-half pounds Royal Household flour, one pound brown sugar, one and one-half pounds currants, one-half pound citron, one tablespoon lard and butter, one teaspoon baking soda dissolved in one pint sour milk. Bake one and one-half hours in two loaves.

### **English Tea Biscuits**

One quart of Royal Household flour, three teaspoons Golden West baking powder, one-half pound lard, one-half cup sugar, one teaspoon salt, two eggs, one and one-half cup B. C. Evaporated milk. Roll; then add one-half cup currants if desired.

### **English Muffins**

Cream together one level tablespoon butter and one of sugar, adding a generous pinch of salt. Add one egg, well beaten; next one cup B. C. Evaporated milk. Sift together one large cup of flour and one heaping teaspoon of Golden West baking powder and beat into the above until smooth. Pour into buttered gem pans and place in hot oven until the muffins begin to brown, then turn oven low.

### **Graham Gems**

One tablespoon sugar, well mixed with one tablespoon butter, one cup Graham flour, two tablespoons bran, two teaspoons Golden West baking powder, one egg, one pinch salt. Add milk enough for batter and drop in gem pans—eight gems.

### **Graham Bread**

One cup sweet milk, one cup sour milk, one egg, three tablespoons molasses, three tablespoons sugar, one tablespoon melted butter, little salt, one teaspoon soda in sour milk, three small teacups Graham flour. Bake in a slow oven one hour.

### **Golden Corn Cake or Johnny Cake**

Three-fourths level cup corn meal, one and one-fourth cups Royal Household flour, one-fourth cup sugar, four level teaspoons Golden West baking powder, one-half teaspoon salt, one cup sweet milk, one egg, one tablespoon melted butter. Mix and sift dry ingredients, add milk, egg well beaten and butter. Bake in a shallow, buttered pan in hot oven twenty minutes.

### **Soft Yeast**

Take one cup Royal Household flour, two tablespoons of sugar, two tablespoons salt; boil six medium sized potatoes in one quart of water, then take one-sixth of a package of pressed hops or one handful of fresh hops. Boil in a quart of water. Drain the water from the hops and potatoes boiling hot on the above ingredients; stir thoroughly. When cool enough not to scald, add



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two cakes of yeast foam. When this is light, bottle and keep in cool place. Will keep six weeks or longer if kept cool. To make the bread: When cooking potatoes for dinner, drain the potato water into one cup flour. Add as much water as needed for the sponge. Take one teacup of the yeast, add enough flour to make a stiff batter. Mould your bread early in the morning. When light make into loaves.

### Maryland Beaten Biscuit

One quart Royal Household flour, one scant cup lard, one heaping tablespoon salt, one teaspoon sugar, one pinch soda (size grain corn). Add these ingredients to the flour, and use just enough water to mix stiff. Put on moulding board and beat with wooden hammer thirty minutes. When beaten flat, roll up and beat again. When beaten the last time, roll in a long roll, and cut off pieces the size of biscuits, form and put in pan, not touching each other. Make about the size of a napkin ring. Bake to a light brown, about twenty minutes. Better eaten cold, and good next day.

### Mrs. B.'s Muffins (Sweet)

Two cups Royal Household flour, one cup sugar, one-half cup butter, one-half cup sweet milk, two eggs, one teaspoon Golden West baking powder, one nutmeg. Rub sugar and butter to cream, add eggs well beaten, after which add B. C. Evaporated milk and nutmeg. Last add the flour in which baking powder has been thoroughly mixed. Bake quickly.

### Nut Muffins

One cup Royal Household flour, large two-thirds cup B. C. Evaporated milk, one rounded tablespoon lard, two tablespoons chopped nuts, one teaspoon Golden West baking powder. Work the lard into the flour with a fork; moisten with milk. Drop in muffin iron and bake. Any kind of nuts may be used. Dates cut in small pieces, or raisins, may be used instead of nuts. They may be liked better if a little more milk is used.

### Nut Bread

B. C. Evaporated milk scalded, one pint; sugar, one-fourth cup; white Royal Household flour, two cups; entire wheat flour, four cups; compressed yeast, one cake; English walnut meats, one cup chopped fine; salt, one and one-half teaspoons.

### Oat Meal Bread

One cup Quaker Oats, one-half cup yellow C sugar, one teaspoon salt, one-half cake compressed yeast, one tablespoon lard or butter, two cups boiling water. Scald oatmeal with water. When cool, add other ingredients and a quart of white Royal Household flour, making a stiff batter. After it is light, beat into it one-half cup English walnuts and bake.

### Pin Wheel Biscuits

Two cups Royal Household flour, one-fourth teaspoon salt, four teaspoons Golden West baking powder, two tablespoons butter, three-fourths cup B. C. Evaporated milk; roll one-fourth inch thick. Spread with two tablespoons melted butter after rolling. Then spread on a mixture of two tablespoons

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sugar, one-half teaspoon Empress cinnamon, one-third cup chopped raisins and citron. Roll like jelly-roll, cut off in slices, spread with butter and bake.

### Spanish Bun

One pint of sugar, two-thirds cup of butter, one cup of chopped Empress raisins, one cup sour milk, two teaspoons cinnamon, one teaspoon cloves, one teaspoon soda, one pint Royal Household flour, four eggs. Beat butter and sugar together, then the eggs, then milk and soda; last flour and fruit. Bake in a moderate oven.

### Scotch Tea Scones

One-half pound Royal Household flour, one tablespoon sultana raisins, one dessert spoon sugar, one dessert spoon butter, one dessert spoon Golden West baking powder, and a pinch of salt. Mix with sweet B. C. Evaporated milk. Mix flour, sugar, baking powder and salt; then rub in the butter, add milk and raisins. Make dough rather soft and bake in hot oven for ten minutes.

### Waffles

Three cups sweet B. C. Evaporated milk, four cups Royal Household flour, two eggs beaten very light, one small spoon of salt, piece of butter size of a large egg, three teaspoons Golden West baking powder.

## PASTRY

### Buttermilk Pie

Mix together three-fourths of a cup of chopped seedless raisins, three-fourths of a cup of buttermilk, three-fourths of a cup of sugar, one well-beaten egg, and a half teaspoon each of ground Empress cloves and cinnamon, a little grated nutmeg and a pinch of salt. Mix all thoroughly and bake between two crusts.

### Crust for One Pie

One cup Royal Household flour, two heaping tablespoons lard, four tablespoons water and a pinch of salt. Sift flour and salt together, add lard, cutting and mixing well with a knife. When well mixed add water, still stirring with a knife. Sprinkle the moulding board with flour, and turn out the dough. Roll out, then fold and roll out about four times. Then it will be ready to use. For top crust finish by adding a few dots of butter between last folding, and sprinkle a teaspoon of sugar on top and slightly roll in as for sugar cookies.

### Chocolate Pie

Melt one square of chocolate over hot water, add three tablespoons of hot water, one tablespoon of sugar, three-fourths of a cup of scalded B. C. Evaporated milk, and one-half teaspoon salt, with one-third of a cup of Royal Household flour, and stir into the chocolate mixture, cooking until thickened. Add the yolks of two eggs well beaten, and one teaspoon vanilla diluted with some of hot mixture. Turn into a pastry-lined tin and bake about twenty minutes. When slightly cooled spread a meringue made of whites of eggs and one-fourth of a cup of sugar over the top, and return to the oven to brown.



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### Cocoanut Pie

Filling: Let one and one-half pints B. C. Evaporated milk come to a boil. Thicken with two tablespoons cornstarch, one teaspoon Royal Household flour, one cup sugar dissolved in milk; add the yolks of three eggs well beaten and flavor to taste. Fill the baked crust with this. Spread the beaten whites of the eggs over the top. Sprinkle with grated Empress cocoanut and brown lightly in the oven.

### Cream Pie

Crust: Two cups Royal Household flour, four tablespoons butter, three teaspoons sugar, one egg. Rub flour and butter together. Mix egg and sugar. Put together, roll lightly and bake. Cream: One pint B. C. Evaporated milk or water, six tablespoons sugar, two tablespoons flour, yolks of five eggs, one teaspoon Empress vanilla. Boil to a thick cream and when cool pour on cool crust. Beat whites of eggs to a stiff froth, mix in a little powdered sugar and spread over the top. Set in the oven to brown.

### Lemon Pie

One coffee cup sugar, three eggs, one cup of water, one tablespoon of melted butter, one heaping tablespoon of Royal Household flour, the juice and a little rind of one lemon. Reserve the whites of the eggs and after the pie is baked spread them on the top, beaten lightly with a spoon of sugar, and return to the oven until a light brown. This may be cooked after it is put into the crust, but it is better to cook it first in a double boiler. Bake from thirty to forty minutes.

### Mince Meat

Four pounds beef boiled till tender, two pounds brown sugar, one pound currants, two pounds raisins, one peck apples, two cups beef suet, one-half cup citron, one-third cup salt (chop fine all ingredients), one nutmeg, two tablespoons ground cloves, two tablespoons Empress allspice, two tablespoons cinnamon. Add liquid from meat. Add one quart boiled cider. When cooked put in stone jar.

### Mince Pies

One quart bowl of chopped meat, two of apples, one of stoned raisins, part of them chopped; one-half pint chopped suet, one pint of molasses, two tablespoons each of Empress cloves, cinnamon and salt, one-fourth pound of citron, two lemons or oranges, chopped very fine. Moisten with one pint of boiled cider.

### Plain Pie Crust

One and one-half cups of sifted Royal Household flour, one level teaspoon salt, four level tablespoons lard, three level tablespoons butter, two level tablespoons ice water. Chop in the shortening or mix lightly with tips of fingers. Add water gradually, mixing with a knife.

### Pumpkin Pie

One cup prepared pumpkin, one cup milk. Beat separately whites and yolks of three eggs. Mix all ingredients. Add one teaspoon of ground cloves, one teaspoon of ground cinnamon, and one teaspoon of Empress ginger. Sweeten to taste.

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### **Raisin Pie**

One-fourth pound Empress raisins, pour over them one-half pint boiling water, grated rind and juice of one lemon, one-half cup sugar, one heaping tablespoon Royal Household flour, one egg. Bake with two crusts.

### **Strawberry Pie**

Put berries in a baked crust, cover with whipped cream, then meringue made of whites of eggs (two), two tablespoons sugar and a dash of lemon juice.

## **PUDDINGS**

### **Baked Apple Dumplings**

Peel and core, leaving whole, enough apples for one layer in medium deep pudding dish, leaving small space between each apple. Sprinkle over the apples four or five tablespoons sugar, and grate over them a generous quantity of Empress nutmeg. Place small lump of butter on each apple. Pour on boiling water to almost reach the top of apples. Cover all with good piecrust a little thicker than for pies. Bake one and one-half hours in slow oven.

### **Black Pudding**

One cup molasses, one cup butter, one cup white sugar, two cups Royal Household flour, four eggs, one cup sour milk, one Empress nutmeg, one teaspoon soda. Cream butter and sugar. Steam in pound Golden West baking powder cans, two and one-half hours. Will keep a month in a cool, dry place.

### **Bachelor's Pudding**

Take four medium sized apples, pare and chop fine; add one cup sugar, four eggs, one cup Empress dried currants, one and one-half cups bread crumbs (do not use crackers), two teaspoons Empress vanilla. Mix well and turn into well-buttered double boiler and steam three hours. Serve hot, with hard sauce made of confectioner's sugar and butter, with nutmeg grated over the top of sauce.

### **Bread Pudding**

One cup stale bread crumbs, one and one-half pints B. C. Evaporated milk, four eggs, salt, one lemon, one and one-half cups granulated sugar. Put bread in baking dish, and smooth with a little water (hot). Pour in milk and mix thoroughly. Beat two whole eggs and the yolks of two more and stir in. Add salt and grate the rind of one lemon over the top. Bake until consistency of baked custard. Then beat the two whites left over until very stiff, beat in sugar, add juice of lemon, put over pudding, and let brown in very hot oven. Serve hot or cold.

### **Caramel Pudding**

One pint B. C. Evaporated milk scalded in double boiler, one cup brown sugar melted in little water, one and one-half tablespoons cornstarch dissolved in milk. Put in a little salt and pinch soda. Pour in mould and when cool set on ice. Serve very cold with cream and sugar.



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### Chocolate Cornstarch Pudding

This pudding is to be eaten cold and the following quantities will suffice for six persons: One pint of B. C. Evaporated milk, one tablespoon of cornstarch, two tablespoons of sugar, two eggs (yolks), one-fourth teaspoon salt, one teaspoon Empress vanilla, one-half teaspoon of butter. Beat the yolks of the eggs and add to them a little of the milk, then wet the cornstarch with a small quantity of the milk and stir the two mixtures together; place the rest of the milk on the fire in a milk-boiler and when boiling stir in the cornstarch, eggs, etc. Let the whole cook five minutes, add the salt, sugar and butter, and remove from the fire; pour the pudding into a pudding dish and when partly cooled, add the flavoring, stirring it in well.

### For the Chocolate

One-half cup of B. C. Evaporated milk, one-half cup of grated chocolate, three tablespoons of sugar, one tablespoon Empress vanilla, two eggs (whites). Place the milk and chocolate together in a small saucepan set in another containing hot water and cook until the chocolate is smooth and thick, generally about five minutes, stirring all the time. Add the sugar, remove from fire, stir until cooled and put in the Empress vanilla, spread the chocolate mixture carefully, a spoonful at a time, over the cornstarch in the dish. Beat the whites of the eggs stiff, add one tablespoon sugar and two or three drops of vanilla. Spread this icing on top of chocolate and brown delicately in oven. This makes three layers. It does not require sauce.

### Chocolate Pudding

One quart B. C. Evaporated milk, one cup sugar, two squares chocolate. Let come to a boil, then add one-half package of well soaked Empress gelatine. Boil five minutes. Flavor with vanilla, and serve cold with whipped cream.

### Christmas Pudding

Time to boil, six hours. One pound of raisins, one pound currants, one-fourth of a pound of sultanas, one pound of suet, half a pound of bread crumbs, a pint of milk, ten eggs, three-fourths of a pound of flour and same of citron and orange peel mixed, one small nutmeg. Stone the raisins and divide them, wash and dry the currants and sultanas, and cut the peel into slices. Mix all these with the bread crumbs, flour and suet, chopped very fine; add the grated nutmeg and then stir in strictly fresh eggs well beaten, and the milk. When the ingredients are well blended put them into a mould, tie a floured cloth over it and boil. When done, turn it out and serve it with arrowroot sauce.

### Easter Pudding

Grate sufficient fresh cocoanut to fill a small cup, mix with it two rounded tablespoons of powdered sugar, the white of one well-beaten egg, and a teaspoon of Empress vanilla extract. Last of all stir in lightly one cup of stiffly-whipped cream. Put a slice of angel cake on each plate and heap upon it some of the cocoanut cream. Sprinkle the whole with powdered pistachio nuts.

### Plum Pudding

One cup of finely chopped suet, two cups fine bread crumbs, one cup chopped raisins, one cup currants or whole raisins seeded, one level tea-

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spoon each of ground cloves, cinnamon, Empress allspice and mace, one level teaspoon baking soda, one-half cup molasses, one-half cup granulated sugar, one and one-half cup sweet milk, one cup sifted Royal Household flour, to make a very stiff batter. Grate the bread crumbs from a stale loaf, or use stale pieces dried in the oven until crisp and rolled fine. Put the salt with the suet, also the spices, then add the other ingredients, the soda last, dissolved in the milk. Pour the pudding into a well-greased mould or a three-quart pail, cover closely. Set this pail into a larger kettle half filled with boiling water; cover this closely also and boil three or four hours, adding boiling water as it boils away. I often use three small tins, putting one-third the mixture into each, thus preparing three desserts at once, each amply sufficient for a half dozen persons. The pudding keeps like a fruit cake, and may be warmed by setting the pail into hot water a half hour before dinner. Serve warm, with hard sauce or the following creamy sauce: Mix thoroughly while dry one-half cup each of flour and granulated sugar. Add three cups boiling water and boil. Whip with a Dover egg-beater one egg and butter the size of one-half egg. Pour the boiling sauce over this and continue beating for a moment longer. Flavor to taste, and pour over the hot pudding and serve at once.

### English Plum Pudding

Mix well together one pound of smoothly mashed potatoes, one-half pound of carrots boiled very tender and grated, one pound of Royal Household flour or bread crumbs, one pound of Empress currants and one of raisins, three-fourths pound of sugar, eight ounces of suet, one grated nutmeg, one-fourth teaspoon of salt and three or four eggs. Put into buttered moulds and steam for four hours.

### Farina Pudding

Two cups of B. C. Evaporated milk, four tablespoons of farina, three tablespoons of sugar, three eggs, grated rind of half a lemon. Put the milk and lemon into a double boiler; when it reaches the boiling point stir in the farina and cook for five minutes; then remove from the fire and pour slowly on the yolks and sugar which have been beaten together until light, stirring all the time. Let it become cool but not stiff; when ready to bake it, fold in lightly the whites of the eggs beaten to a stiff froth. Turn it into a pudding dish and place in a pan of hot water and bake in a moderately hot oven for twenty-five minutes. Serve with cream or a meringue sauce.

### Foamy Pudding

One pint boiling water, two tablespoons cornstarch, juice of three lemons, and grated rind of one, one tablespoon sugar and pinch of salt; let cool three minutes and add beaten whites of three eggs. Cream for above pudding: Heat large cup of milk, add yolks of three eggs, one tablespoon sugar beaten until creamy. Season to taste. Cool on ice.

### Fig Pudding

One pound figs, one cup bread crumbs, one cup sugar, piece of butter the size of an egg, two eggs, one cup B. C. Evaporated milk. Chop figs fine and mix with butter and by degrees add the rest. Butter baking dish, then pour in pudding and steam two and one-half hours. Lemon-sauce: Two cups

granulated sugar, two eggs, juice and rind of two lemons. Beat all together and just before serving add one pint of boiling water. Serve hot with pudding.

### **Fluff-Fluff Pudding**

Beat the whites of six eggs to a stiff froth. Add slowly to whites of eggs one cup of sugar. Mix together the grated rind and juice of one lemon, one-half cup chopped English walnuts and one-half cup chopped Empress raisins and add to whites of eggs and sugar. Beat until stiff. Bake twenty minutes. Do not butter baking dish.

### **Fruit Pudding**

Two eggs, one cup sugar, one cup milk, two teaspoons Golden West baking powder, flour enough to make a thin batter. Place any kind of tart fruit in bottom of baking dish. Pour over it the batter. Bake slowly and serve with cream.

### **French Cocoanut Pudding**

One quart B. C. Evaporated milk, three tablespoons cornstarch, four eggs, one-half cup sugar, little salt. Put part of the milk, salt and sugar on the stove, and let it boil. Dissolve the cornstarch in the rest of the milk, stir into the hot milk, and while boiling add the yolks, and a cup of grated cocoanut. Flavor with Empress vanilla. Frosting: Whites of the four eggs beaten to a stiff froth, half a cup of sugar, flavor with lemon, spread on pudding, brown in oven, saving a little of the frosting to moisten the top. Sprinkle on grated cocoanut to give the appearance of snow flakes.

### **Graham Pudding**

One-fourth cup butter, one-half cup molasses, one-half cup B. C. Evaporated milk, one egg, one and one-half cups Graham flour, one-half teaspoon soda, one-half teaspoon salt, one cup Empress raisins. Put molasses in mixing bowl. Add melted butter to it and other ingredients in order given. Turn into greased mould and steam two and a half hours. Serve with liquid sauce. Dates or figs may be added.

### **Sauce for Graham Pudding**

Two tablespoons butter, one cup sugar, three tablespoons Royal Household flour (white), two cups boiling water, one teaspoon Empress flavoring. Mix sugar, flour and butter. Add boiling water. Cook over the fire until the mixture thickens, stirring constantly, and boil four or five minutes. Remove from fire and add flavoring.

### **Ginger Pudding**

One cup molasses, one-third cup butter, one-half cup water, one teaspoon soda, one teaspoon Empress ginger, yolks of two eggs, two cups Royal Household flour. Put the soda into the molasses. Then add the butter, water, flour and lastly eggs. Steam two hours. The water should be cool when the pudding is placed over it and should heat gradually. Sauce: One-half cup butter (scant), one cup sugar creamed. Beat in the whites of two eggs, one-half cup boiling water, vanilla.

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### Indian Pudding

Three quarts B. C. Evaporated milk, one tablespoon brown sugar, two tablespoons molasses, one teaspoon allspice, butter size of an egg, one teaspoon salt. Boil this together, then mix one handful of corn meal in a little milk, put one-half teacup of Empress raisins with milk and corn meal. Put this in with the boiling B. C. Evaporated milk, molasses, etc., and stir constantly. Then take above mixture from stove and stir in it four well beaten eggs. Then put in baking dish and bake about three-fourths of an hour.

### Kiss Pudding

One quart sweet milk, yolks of four eggs, two tablespoons of sugar, butter size of a walnut, pinch of salt, two even tablespoons of cornstarch, grated rind of lemon. Put milk in double boiler and when at the boiling point, stir in the above ingredients, well beaten. Stir until thoroughly done. Pour into earthen dish, and cover with whipped whites of eggs; flavor with Empress vanilla and set in oven to brown. Serve cold.

### Lemon Sauce for Pudding

One cup granulated sugar, one-half cup of butter, two eggs beaten light, one lemon, juice and Empress grated rind, two-thirds cup of boiling water. Thicken by cooking slowly.

### Lemon Bread Pudding

One pint of scalded B. C. Evaporated milk, three-fourths pint bread crumbs, one cup sugar, butter size of an egg, yolks of four eggs well beaten, and the rind of one lemon. Bake half an hour or less. Beat the whites of the four eggs with a cup of powdered sugar and the juice of the lemon. Cover the pudding with this mixture and return to the oven to brown lightly. May be eaten with cream if one wishes. Half this recipe is enough for a small family.

### Lemon Pudding

One cup bread crumbs, not too fine, one pint of B. C. Evaporated milk, two eggs, one-half cup sugar and grated rind of one lemon. Pour milk over crumbs. Beat yolks of eggs with sugar into which rind has been grated. Stir all together and bake half hour. When done cover with stiffly beaten whites and warm slightly. Sauce: Cream one-fourth cup butter with two-thirds cup sugar, add juice and grated rind of lemon and yolk of one egg. Beat well. Add stiffly beaten white of egg. Put dish in pan of boiling water and stir constantly for five minutes. Serve at once as it separates if it stands.

### Old-fashioned Raisin Dumplings

Put one and one-half cups of sugar, one cup of seeded raisins and four cups water on to cook for one hour, simmering slowly all the time. Mix four cups of Royal Household flour, four level teaspoons of Golden West baking powder, a rounded teaspoon of butter and a pinch of salt. Rub in the butter, and mix with one and one-half cups B. C. Evaporated milk. Roll out nearly one-half inch thick and cut in one and one-half inch squares. Drop these squares into boiling syrup, which if too thick must be diluted with a little



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boiling water. Cover the saucepan and cook the dumplings without allowing the syrup to stop boiling for twenty minutes, then serve with the syrup.

### Potato Pudding

Six large mashed potatoes, four eggs, one cup sweet milk, two cups well sifted flour, a little Empress nutmeg, one teaspoon salt, one-half cup sugar, one-half cup butter. Bake in a hot oven one-half hour.

### Old-fashioned Rice Pudding

Five cups boiling water, one teaspoon salt, one cup thoroughly washed rice, one quart rich B. C. Evaporated milk, five tablespoons sugar, one tablespoon Empress vanilla, butter size walnut, three-fourths cup Empress currants or raisins, four eggs. Put rice and salt in boiling water and boil rapidly twenty minutes, stirring to keep from burning. Pour into baking dish and bake till water is absorbed, about fifteen minutes. Then add to this one quart rich milk, sugar, vanilla, butter and currants or raisins. Stir together carefully and add the eggs beaten, yolks and whites together. Bake until light brown, stirring once or twice at first.

### Raisin Puffs

Two tablespoons sugar, one egg, one teacup Royal Household flour, one-half cup milk, one teaspoon Golden West baking powder, two tablespoons melted butter, one-half cup seeded Empress raisins. Butter jelly glasses and steam thirty minutes.

### Raspberry Pudding

One-third box Empress gelatine dissolved in one cup cold water, one cup raspberries and one cup sugar. Boil and strain. Add one cup of hot water and juice of one lemon. When gelatine is dissolved mix all together and put on ice to harden. Serve with sugar and cream.

### Rice Pudding

Two quarts B. C. Evaporated milk, two-thirds cup rice, one cup sugar, butter size walnut, flavor to taste. Cook in moderate oven about two hours until it is the consistency of cream, stirring occasionally.

### Shanty Pudding

One-half cup molasses, yolks of two eggs, one cup of Royal Household flour, one-half teaspoon salt, one teaspoon cinnamon, one-fourth teaspoon cloves, one-half cup hot water, one teaspoon soda added last. Add chopped Empress raisins or currants if liked and steam one hour. Use any nice sauce.

### Suet Pudding

Four cups Royal Household flour, one cup suet, one cup of sorghum molasses, one cup Empress raisins, one teaspoon soda. Sauce for pudding: One cup of sugar, one-half cup of butter, one pint of boiling water, two tablespoons of cornstarch. Juice of one lemon.

### Steamed Suet Pudding

Two and one-half cups Royal Household flour, one teaspoon soda, one-half teaspoon salt, one-half teaspoon Empress allspice, one-half teaspoon cinnamon,

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one cup suet or two-thirds cup butter (chop suet fine), one cup raisins, one cup sour milk or water, one cup molasses. Sift dry things, add suet, molasses and milk. Beat well, add raisins, turn in greased mould. Steam three hours. Sauce: One cup brown sugar, two cups boiling water, two tablespoons butter, three tablespoons flour, one teaspoon flavoring. Mix sugar, flour and butter well. Add boiling water.

### **Woodford Pudding**

Three eggs, one teacup sugar, one teacup butter, one-half teacup flour, one teacup jam, one teaspoon soda dissolved in three teaspoons sour milk, spices to taste. Bake slowly. Serve with any preferred sauce.

## **CAKES**

### **Apple Frosting**

Pare three large, tart, white apples and grate into a deep dish (use lemon grater); add one cup granulated sugar and unbeaten whites of three eggs. Whip together until white and stiff. Use for filling and top of sponge layer cake. Also served as "trifle" on split lady fingers with a bit of Empress jelly or candied fruit on top.

### **Good Cheap Cake**

One cup sugar, one-half cup butter, one cup sour milk, two cups Royal Household flour, one cup chopped Empress raisins, one-half cup currants, one-half cup citron chopped, one teaspoon soda, one teaspoon each of ground Empress cloves, Empress allspice and cinnamon.

### **Angel Cake, Small Loaf**

Five eggs, three-fourths cup granulated sugar, one-half cup Royal Household flour, one-half teaspoon Empress cream of tartar, one teaspoon vanilla. Beat whites of eggs very stiff. Sift sugar three times and stir into eggs. Put cream of tartar into flour and sift four times. Add flavoring, then flour. Bake in small Turk's head. Do not grease tin. Bake twenty minutes in moderate oven. When done turn upside down on three cups until cool.

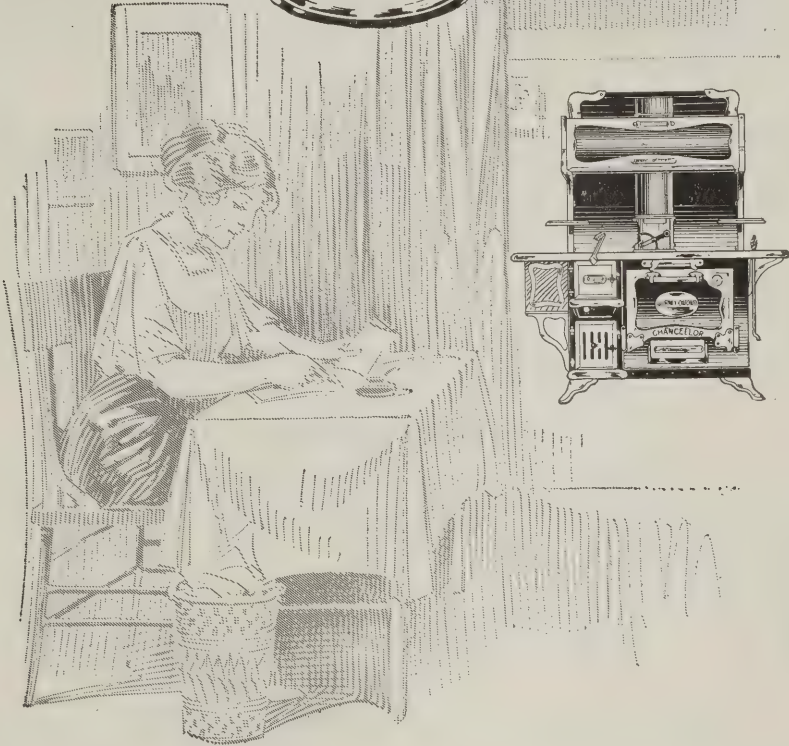
### **Filling for Angel Cake**

One cup cream, two tablespoons cold water, one tablespoon Empress gelatine, two tablespoons pulverized sugar, one-half pound English walnuts. Whip the cream stiff. Put the water over the gelatine and set on back of stove. Put the sugar in the cream, add one tablespoon hot water to the gelatine, strain and add to cream. Add vanilla. Chop nearly all the walnuts and add to one-half the cream, cut angel loaf across, and put in filling. Put rest of cream on top with whole nuts.

### **Banana Cake**

One cup sugar, one-third cup of butter, half cup of sweet milk, three eggs, one teaspoon of soda, two of cream of tartar, two cups of sifted flour, flavor to taste. Filling: Mash two bananas to a cream, stir into boiled frosting and put between layers. To be eaten same day as made.





DEAR EDITH:

In a general way I have wished you all the good things I know of, so now I am going to descend to the practical and give you some sound advice from the store I have accumulated since I started housekeeping.

Housekeeping naturally suggests the kitchen first—its equipment and management, or in other words, The Range.

My range, as you know, is an Oxford Chancellor. I never enjoyed much of a reputation as a cook in my younger days, so when I thought of being responsible for three meals a day my heart sank. I imagined myself battling all day with a sulky range, trying to coax it into good humour, and covered with mortification because of late or spoiled meals. But, my dear, the range seemed to sympathize with my inexperience.

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Sincerely yours,

MARY HOUSEWIFE.

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### **Brown Cake**

One and one-half cups sugar, one-half cup butter, one teaspoon soda, one-half cup sour milk, one teaspoon cinnamon, one teaspoon Empress allspice, one teaspoon Golden West baking powder, one cup strawberries, two cups Royal Household flour. Filling: One cup sugar, cooked until stiff, and white of one egg.

### **Bread or Dough Cake**

Three coffee cups of bread dough, two teacups of sugar, one teacup butter, two teacups of raisins, four eggs, Empress nutmeg. After working all together with the hands, add one teaspoon of soda. Bake immediately.

### **Blackberry Jam Cake**

One cup sugar, two-thirds cup butter, one cup Empress jam, three eggs, one-half cup sour milk, two cups Royal Household flour, one teaspoon soda, one teaspoon Golden West baking powder, Empress cinnamon, cloves, and Empress allspice. Bake in layers.

### **Brown Stone Front**

Dissolve two squares (2 ounces) Empress chocolate in five tablespoons of boiling water. Cream one-half cup butter. Add gradually one and one-half cups sugar, then yolks of four eggs, well beaten. Beat thoroughly; add chocolate. Add one-half cup cream or B. C. Evaporated milk, one and three-fourths cup Royal Household flour, two rounded teaspoons Golden West baking powder, two scant teaspoons vanilla. Beat whites of four eggs stiff and stir in.

### **Caramel Frosting**

One cup sugar, one-half cup B. C. Evaporated milk, heaping teaspoon Royal Household flour. Cook all together. When nearly done add butter size of walnut.

### **Cinnamon Cake**

One egg, piece of butter size of egg, one cup sugar, one cup B. C. Evaporated milk, little Empress nutmeg, three teaspoons Golden West baking powder, three cups Royal Household flour. Bake in shallow tins. Put butter, sugar and Empress cinnamon on top.

### **Chocolate Loaf Cake**

One-half cake Empress chocolate, one-half cup sugar, one-half cup sweet milk, yolk of one egg. Cook these ingredients together until quite thick, and when cool add three teaspoons Empress vanilla. Then prepare the following: One cup sugar, one-half cup butter, one-half cup sweet milk, one egg and yolk of one more, two cups Royal Household flour, one teaspoon soda. Stir the two mixtures together thoroughly, and bake in moderate oven.

### **Chocolate Cake**

Two cups sugar, three-fourths cup butter, three eggs, one cup sweet milk, three teaspoons Golden West baking powder, two teaspoons vanilla extract, three cups Royal Household flour. Cream the butter and sugar; add the eggs, well beaten, with a pinch of salt. Gradually add the milk. Then add the

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flour and Golden West baking powder sifted together. Bake in oblong pans. Filling: Two squares bitter chocolate melted over boiling water, two heaping cups confectioner's sugar (sifted), and add sufficient cream to moisten the sugar so it can be stirred, then add the melted chocolate with two teaspoons vanilla extract. Spread immediately between layers and on top.

### Caramel Cake

Cream a half cup of butter and one cup sugar. Add one scant cup sweet milk, two cups Royal Household flour sifted with two teaspoons Golden West baking powder. Beat thoroughly and fold in the whites of three eggs whipped stiff. Bake in layers. Filling: Two cups light brown sugar, two-thirds cup of B. C. Evaporated milk, one tablespoon butter, one teaspoon Empress vanilla extract. Boil fifteen minutes over quick fire, stirring constantly. Spread over cake rapidly.

### Cocoanut Cake

Two cups powdered sugar, one-half cup butter, three eggs, one cup B. C. Evaporated milk, three cups Royal Household flour, two teaspoons cream of tartar, one teaspoon soda, one cup cocoanut.

### Coffee Cake

One-fourth cup butter, one-half cup sugar, one-half cup molasses, two eggs well beaten, one-fourth cup Fagan's Gold Crown coffee, two and one-half cups Royal Household flour, one-half teaspoon salt, two and one-half level teaspoons Golden West baking powder, one-half teaspoon cinnamon, one-half teaspoon Empress allspice, one-half teaspoon nutmeg grated, one-half pound raisins, stoned and cut in pieces. Cream the butter, add gradually the sugar, then molasses, eggs, fruit and coffee. Sift together thoroughly the flour, salt, baking powder, and Empress spices, and add to mixture. Bake in a cakepan fifty minutes.

### Chocolate Frosting With Fagan's Gold Crown Coffee

One-fourth cup of butter, one square of chocolate or four tablespoons of De Jong's cocoa, two cups pulverized sugar, cold Fagan's Gold Crown coffee, vanilla, one-half cup chopped walnuts. Melt butter and stir in it the chocolate; add the sugar and thin to right consistency with cold Fagan's Gold Crown coffee. Flavor and add walnuts. Spread on loaf cake or between layers of cake.

### Cornstarch Cake

One cup sugar, one-half cup butter, one cup Royal Household flour, one-half cup cornstarch, one-half cup B. C. Evaporated milk, whites of three eggs, two teaspoons Golden West baking powder. Mix the cornstarch with a part of the milk and if considered necessary add a little more flour. This is a nice and easily made cake.

### Cream Almond Cake

One-half cup of butter, one cup of fine granulated sugar, one and three-fourths cup of Royal Household flour, one-half cup of B. C. Evaporated milk, two level teaspoons Golden West baking powder, one-half teaspoon of Empress almond flavor.



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### Drop Cakes

Yolks of three eggs, or two whole eggs, one cup of granulated sugar, one cup of dark molasses, one tablespoon of melted butter, three-fourths cup of sweet milk, heaping teaspoon of soda dissolved in the milk, one cup of Empress raisins, or more if you like, nutmeg and cinnamon to taste, Royal Household flour enough to thicken. Drop teaspoonful at a time and bake ten minutes. Frosting for drop cakes: Nine tablespoons powdered sugar to the white of one egg.

### Delicate Cake

One cup sugar, one-half cup butter, one-half cup B. C. Evaporated milk, whites of four eggs beaten to a froth, one and one-half cups of Royal Household flour, one teaspoon Golden West baking cream; flavor to suit.

### Devil's Food Cake

Two-thirds cup sugar, one-half cup chocolate, one-half cup sweet milk, yolk of one egg. Stir these together and boil until like thick cream, then set aside to cool. One cup sugar, two eggs well beaten, one-half cup milk, one-half cup butter, one heaping teaspoon soda dissolved in hot water. Beat well together; add the above and then stir in two and one-half cups of sifted Royal Household flour and one cup of Empress shredded cocoanut. Bake slowly. Use "fudge" frosting. Icing for Devil's Food Cake: Two cups sugar, one cup B. C. Evaporated milk, one teaspoon butter. Boil these together until a drop in cold water does not dissolve (it need not turn hard). Then add one-fourth cake chocolate and let it melt. Pour out and stir on marble slab with wide paint knife, until it becomes creamy candy. If it gets too hard to spread on cake, thin it with rich cream. If any other flavor is desired instead of chocolate, it may be added instead, only after the candy has been stirred on the marble. This is enough frosting for a three-layer cake.

### Devil's Food

Custard part: Scant half cup De Jong's cocoa, one-half cup sweet milk, one cup brown sugar, yolk of an egg. Stir all together in a granite saucepan. Cook slowly and set away to cool. Cake part: One cup brown sugar, one-half cup butter, two cups Royal Household flour, one-half cup sweet milk, two eggs. Cream butter and sugar and yolks of eggs; add milk, sifted Royal Household flour and whites of eggs beaten stiff. Beat all together, and then stir in custard; hastily add teaspoon soda dissolved in warm water. Bake in layers and put together with icing.

### Dark Cake

Two cups granulated sugar, one-half cup butter, yolks of two eggs; beat well together; add one-half cup sour milk, one teaspoon soda. Beat the whites of the eggs stiff, add two cups of Royal Household flour, flavor with one teaspoon of vanilla. Dissolve one-third of a cake of chocolate in one-half cup boiling water, adding this last. Frost with boiled icing. Icing: One cup granulated sugar, moistened with four tablespoons of hot water; boil until it threads from the spoon. Pour the hot syrup over the whites of two well beaten eggs. Flavor with vanilla. Beat well.

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### **Dried Apple Cake**

One cup dried apples, one-half cup brown sugar, one-half cup molasses or syrup, one cup sour milk, one-half cup butter, one egg, two teaspoons soda, one teaspoon each of nutmeg, cloves and cinnamon, two cups Royal Household flour. Soak apples over night, chop fine and cook in syrup two hours.

### **Economical Cake**

One-half cup butter, one cup sugar, two eggs, two-thirds cup B. C. Evaporated milk, two cups flour, four level teaspoons Golden West baking powder. Cream butter and sugar, add yolks of eggs, then the milk, then the Royal Household flour in which the Golden West baking powder has been sifted, and last, the whites of the eggs beaten to a stiff froth. Bake in layers. Filling: One cup sugar, one-third cup of water, one-half teaspoon of vinegar and Empress flavoring. Cook sugar, water and vinegar until it threads, then pour over the beaten white of one egg and beat the whole until it is cold.

### **Farmer's Cake**

One cup sugar, one cup buttermilk, two cups Royal Household flour, one-half cup raisins, Empress nutmeg, large tablespoon butter, one tablespoon molasses, one teaspoon cinnamon, one teaspoon saleratus, one-half teaspoon cloves. Beat sugar and butter together. Measure flour before sitting. Cut the raisins and mix with the flour and salt. Bake in a shallow pan.

### **Fig Cake**

Two cups sugar, three-fourths cup butter, one cup B. C. Evaporated milk, three cups Royal Household flour, two teaspoons Golden West baking powder, whites of five eggs. Filling: One pound of figs chopped, three-fourths cup of sugar, one cup of water. Boil until soft.

### **White Fruit Cake**

Twelve eggs, the whites; two cups of powdered sugar, one cup of butter, one cup of sweet cream, five cups of Royal Household flour sifted, three teaspoons Golden West baking powder, two pounds of almonds chopped, one pound Empress citron cut fine, one teaspoon of lemon extract, one slice of sugared Empress orange peel sliced. Bake carefully until it is thoroughly done in a moderate oven.

### **Eggless Fruit Cake**

One cup sugar, one-half cup butter, one cup sour milk, one teaspoon cinnamon, one teaspoon cloves, one teaspoon nutmeg, one teaspoon soda, two cups flour (measured before sifting), one cup seeded raisins. You may add different kinds of fruit if you wish, as you would in any kind of fruit cake. Add all the dry stuffs to flour and sift; have butter soft and cream with sugar; sprinkle your raisins with Royal Household flour and add last.

### **Fruit Cake**

One cup butter, two cups sugar, one cup B. C. Evaporated milk, three cups Royal Household flour, two teaspoons Golden West baking powder, whites of eight eggs. Mix well, adding one teaspoon Empress vanilla and a little



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grated lemon rind. Mix two pounds seeded raisins, one pound currants, one-half pound dates, one pound sliced figs, one pound sliced almonds, one-fourth pound sliced citron, one-fourth pound candied orange peel, one-fourth pound candied lemon peel. Over the fruit part sift one cup of flour. Bake in a large, shallow, square dripper or cake pan for three hours, and bake slowly.

### Ginger Cake

One-half cup shortening, one-half cup sugar, one cup molasses, one cup boiling water, two and one-half cups Royal Household flour, one teaspoon soda, one teaspoon Empress spice, one teaspoon Empress ginger, two eggs. Cream shortening and sugar. Add beaten egg, molasses, boiling water, then the sifted dry ingredients. Stir quickly, beat until smooth, and bake in a moderately hot oven.

### Soft Ginger Bread

One-half cup sugar, one-half cup butter, one cup molasses, one teaspoon each of Empress ginger, cinnamon and cloves, two teaspoons soda dissolved in one cup boiling water, two and one-half cups Royal Household flour. Add two eggs well beaten the last thing before baking. Bake slowly. This may be used for all economical fruit cake by adding fruit as desired.

### German Coffee Cake

Three cups of B. C. Evaporated milk, one cup sugar, one cake compressed yeast, two eggs, two and one-half heaping tablespoons of lard and butter, one scant tablespoon salt, enough Royal Household flour to make dough as stiff as bread. Put flour in bread bowl, make a hole in centre, put in salt, sugar and crumbs in yeast. Warm the B. C. Evaporated milk, butter and lard. Mix with other ingredients, stir in beaten eggs; mix well, knead same as bread. Let rise over night. When light put in shallow tins; let rise—when light spread butter over top and sprinkle with sugar and cinnamon or moisten top with milk or beaten egg and make a mixture of butter, sugar, cinnamon and flour, mix and sprinkle the top. Bake to a light brown.

### Hasty Cake

One cup sugar, two eggs, two tablespoons melted butter, two-thirds cup B. C. Evaporated milk, one and one half cups Royal Household flour, two heaping teaspoons Golden West baking powder, vanilla. Put all in mixing pan and stir thoroughly. Bake either in layers or loaf.

### Hickory Nut Cake

One and one-half cups sugar, one-half cup of butter, three-fourths cup of B. C. Evaporated milk, two cups of Royal Household flour, whites of four eggs, two teaspoons Golden West baking powder, one teaspoon Empress extract of orange. Bake in layers. Filling: Whites of three eggs, three tablespoons sugar, one cup chopped nut meats, one teaspoon Empress extract of orange.

### Huckleberry Cake

One cup butter, two cups sugar, three cups Royal Household flour, five eggs, one cup sweet milk, one teaspoon soda dissolved in hot water, one teaspoon Empress nutmeg, one teaspoon cinnamon, one pint ripe fresh blueberries, thickly dredged with flour.

### **Jennie Lind Cake**

Two and one-half cups of sugar, four cups Royal Household flour, one cup B. C. Evaporated milk, one cup butter, four eggs, four teaspoons Golden West baking powder. Bake in three layers, two plain; after taking out plain, leaving less than a third, add one cup raisins, one of currants, one-half cup citron, two tablespoons molasses, Empress spices to taste. Spread with jelly or lemon filling, putting fruit layers between. Add about one-half cup flour to fruit part if too thin.

### **Jam Cake**

One cup sugar, one-half cup butter, three eggs, one cup of strawberry jam, one-half cup of sour cream, small teaspoon of soda, two cups of Royal Household flour sifted.

### **Layer Cake**

One cup sugar, one tablespoon butter, three-fourths cup sweet milk, one and three-fourths cup Royal Household flour, one and one-half teaspoon Golden West baking powder. Add three eggs. Bake in three layers. Flavor with vanilla.

### **Lemon Filling Cake**

One and one-half cups sugar, one-half cup butter, three eggs, one whole; whites of two, three cups Royal Household flour, one teaspoon Golden West baking powder. Filling: Yolks of two eggs, juice of one lemon, one cup sugar (use a small cup).

### **Lemon Layer Cake**

One and one-half cups sugar, one-half cup butter, one cup B. C. Evaporated milk, three eggs, two and one-half cups Royal Household flour, two teaspoons Golden West baking powder, flavor to taste. Filling: One-half cup sugar, one tablespoon butter, one egg, juice and rind of one lemon. Beat all together, and boil until thick. Cool before using.

### **Mary Cake**

One-half cup butter, two-thirds cup sugar, one-half cup molasses, one-half cup sour milk, one teaspoon soda, yolks of two eggs, one-fourth teaspoon Empress nutmeg, one-fourth teaspoon cinnamon, one-half teaspoon Empress vanilla, two cups flour.

### **The Mary F. Palmer Ice Cream Cake**

One cup sweet milk, one cup butter, two cups sugar, one cup cornstarch, one and one-half cups Royal Household flour, whites of eight eggs. Beat sugar and butter together; add milk in which cornstarch has been dissolved; then the flour and well beaten eggs. Bake in thin layers. Filling or Frosting: On four cups white sugar pour one-half pint of boiling water, then let boil until it ropes from spoon; pour this over the well beaten whites of four eggs, then add one teaspoon tartaric acid and two teaspoons Empress lemon extract. The generous use of this filling will add much to the delicious quality of the cake.

### **Marshmallow Cake**

One and one-half cups powdered sugar, one-half cup butter, one-half cup B. C. Evaporated milk, one and one-half cups Royal Household flour (scant),





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one-half cup cornstarch, one teaspoon Golden West baking powder, whites of six eggs. Filling: One cup sugar, five tablespoons water. Boil until it drops from the spoon. Remove from the fire. Stir in one-half pound marshmallows. Stir until thick like boiled icing. Little vanilla and pinch of salt. Bake in large square tins. Make icing after cake is baked.

### **Marshmallow Icing**

One cup white sugar, one-third cup water, one teaspoon vinegar, whites of two eggs, one-fourth pound marshmallows. Boil together sugar, water and vinegar until it threads—about five or six minutes. Stir hot syrup into beaten whites of eggs, then add marshmallows. Put on back of stove or very slow fire, and stir until marshmallows are dissolved.

### **Chocolate Marshmallow Cake**

Stir one and one-half cups of Royal Household flour with one heaping teaspoon of Golden West baking powder. Stir four ounces of butter with one-half pound of sugar to a light cream. Add the yolks of three eggs and one-half teaspoon Empress vanilla. Beat the whites of two eggs to a stiff froth and add them alternately with the flour and one gill of B. C. Evaporated milk to the creamed butter. Mix well and bake in two jelly tins. Filling: Boil one-eighth of a pound of Empress chocolate in a quarter cup of water, with one-half cup of sugar until it forms a thread between the fingers; take one-half pound of marshmallow candies, dissolve with a tablespoon of boiling water, and add chocolate. When cool put half between layers and the remaining filling on top and sprinkle with chopped nuts.

### **Nut Cake**

Beat one-half cup of butter to a cream, add one and one-half cups of powdered sugar, beat until measure three-fourths cup of water, add one teaspoon of Golden West baking powder to two cups of Royal Household flour. Sift twice. Beat whites of four eggs to a stiff froth, add water and flour alternately to butter and sugar; beat until smooth, then add one-half of whites, fold in carefully, add one cup of walnuts, chopped, then add the remainder of whites. Carry out directions carefully.

### **1-2-3-4 Cake**

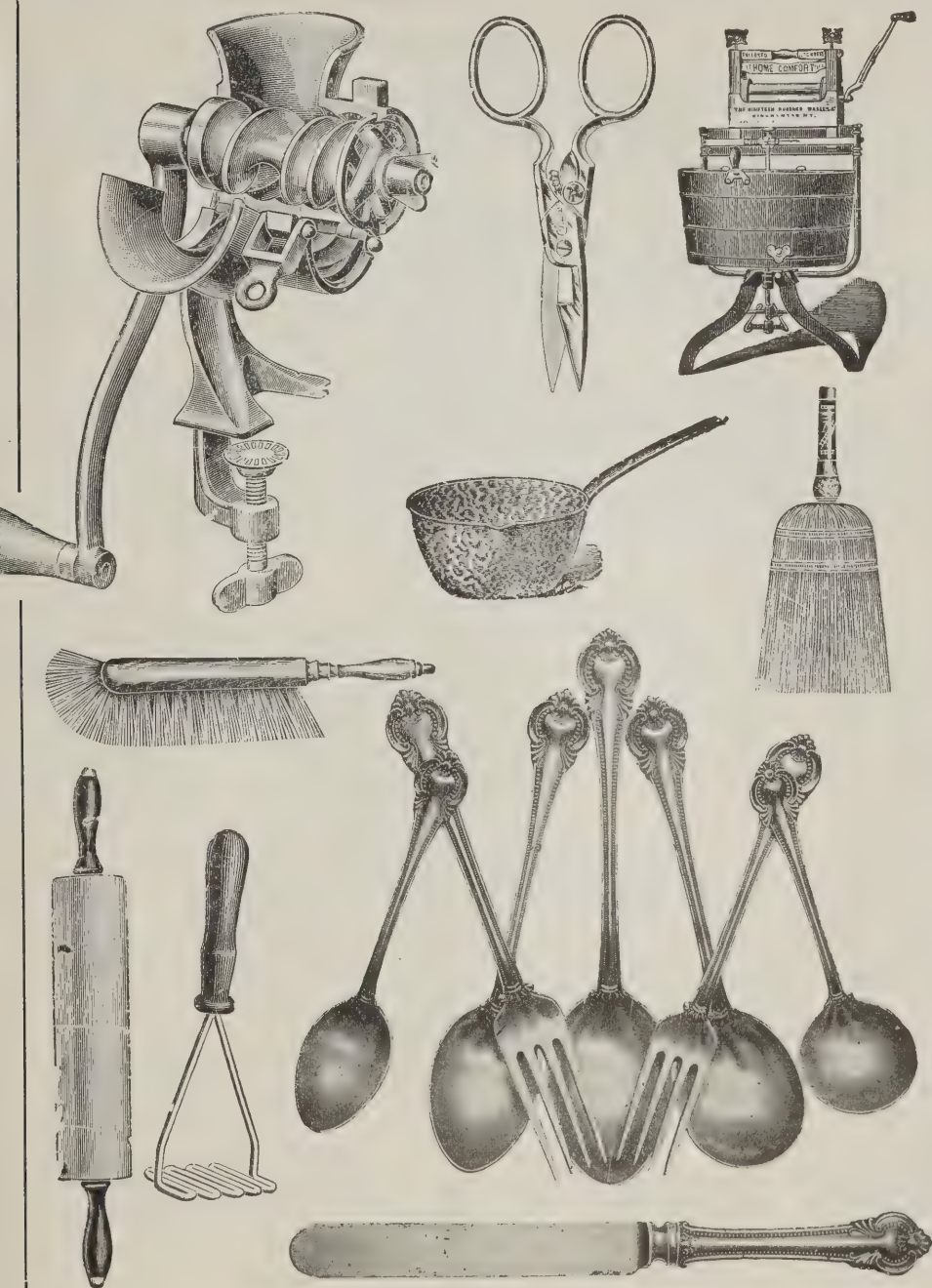
One cup butter, two cups sugar, three cups Royal Household flour, one cup B. C. Evaporated milk, four eggs added last, three teaspoons of Golden West baking powder, flavoring.

### **One-Egg Cake**

Butter size of square Empress chocolate, one cup sugar, three-fourths cup B. C. Evaporated milk, one egg, two cups Royal Household flour, two teaspoons Golden West baking powder. Cream butter, add to it the sugar, milk, and beaten yolk of egg. Then the flour, into which has been sifted the baking powder, and lastly, the white of the egg beaten stiff. Bake in a loaf or two layers.

### **Pearl Cake**

One cup of sugar creamed with two tablespoons of butter. Add one-half cup of sweet milk and two teaspoons Golden West baking powder, sifted with one and one-half cups of flour, and the stiffly beaten whites of three eggs.



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### Poor Man's Cake

Two cups brown sugar, ten tablespoons of melted lard, one and one-half cups of sour milk, one cup raisins, one cup Empress currants, one teaspoon soda, one teaspoon cinnamon, one-half teaspoon cloves, one nutmeg, a pinch of salt, sufficient Royal Household flour to stiffen.

### Puff Cake

Two cups sugar, one cup B. C. Evaporated milk, two-thirds cup butter, three cups Royal Household flour (scant), three teaspoons Golden West baking powder, whites of six eggs. Flavor with lemon or rose. Stir sugar and butter to a cream. Add milk and flour then the whites of eggs.

### Raspberry Jam Cake

Three-fourths cup of butter, one cup sugar, three eggs, one cup Empress jam, three tablespoons sour cream, one teaspoon soda, one and one-half cups Royal Household flour, one-half teaspoon each of cloves and cinnamon. Bake in layers. Filling: One cup sugar, one-half cup water, white of one egg beaten, one cup chopped Empress raisins. Boil until thick. Put between layers.

### Ribbon Cake

One cup butter, one cup B. C. Evaporated milk, two cups sugar, three and one-half cups Royal Household flour, two teaspoons Golden West baking powder, four eggs, yolks and whites separately. Divide the dough into three parts, and bake two parts as plain cake. Add to the remaining dough one-half cup raisins, chopped and stoned, one cup currants, two teaspoons molasses, one-fourth pound of citron sliced, the fruit all floured, one teaspoon cinnamon: bake. Put the fruit cake between the two plain, with Empress jelly between and frost.

### Roll Jelly Cake

Three eggs, yolks and whites beaten separately, one cup sugar, one scant cup Royal Household flour in which a teaspoon of baking powder and a pinch of salt have been sifted, one-fourth cup boiling water. Sift the flour three times, also sugar, adding the water last. Bake in a large roasting pan in a quick oven. Spread with jelly and roll while hot.

### Sairy Loaf Cake

Four eggs beaten separately, one and one-fourth cups granulated sugar, three-fourths cup butter, one-half cup sweet milk, two and one-half cups Royal Household flour, one teaspoon cream of tartar, one-half teaspoon soda, and flavor to taste. (1) Cream butter and sugar thoroughly. (2) Beat yolks to a very stiff froth and stir in. (3) Add milk. (4) Sift flour once, then measure. Add soda and sift three times. Stir in and beat very hard. (5) Whip whites to a foam. Add cream of tartar and whip until stiff. Fold in lightly. Put in a slow oven and it will bake in thirty or forty minutes.

### Silver Cake

Whites of six eggs, one cup sweet milk, two cups sugar, four cups sifted Royal Household flour, two-thirds cup of butter, two teaspoons of Golden West baking powder. Stir in sugar and butter to a cream, add milk and flavoring, part of the flour, the beaten whites of eggs, then rest of flour. Bake carefully in tins lined with buttered paper.



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**Scripture Cake**

Jeremiah 7-18

Judges 5-25 .....	One cup butter
1st Kings, 4-22 .....	Three and one-half cups flour
Jeremiah 6-20 .....	Two cups sugar
1st Samuel 30-12 .....	Two cups raisins
Genesis 24-17 .....	One cup water
Isaiah 10-14 .....	Six eggs
Exodus 16-31 .....	One tablespoonful honey
Leviticus 2-13 .....	Pinch salt
1st Kings, 10-10 .....	Spices to taste
Proverbs 23-14 .....	Soloman's advice for making good boys, and your cake will be good.

**Sweet Strawberry Cake**

Three eggs, one cup sugar, two of Royal Household flour, one tablespoon of butter, a teaspoon heaped of Golden West baking powder. Beat the butter and sugar together and add the eggs, well beaten. Stir in the flour and Golden West baking powder, well sifted together. Bake in three layers. With three pints of strawberries mix a cup of sugar and mash them a little. Spread the fruit between the layers of cake. The top layer of strawberries may be covered with a meringue made with the white of an egg and a teaspoon of powdered sugar. Save out the largest berries and arrange them on the top in the frosting. Makes a very fancy dish and a most delicious cake.

**Spice Cake**

One and one-half cups sugar, one-half cup butter, one cup sour cream, one teaspoon soda, two eggs, pinch of salt, one cup chopped raisins, one heaping teaspoon cinnamon, one teaspoon Empress cloves, about two and one-fourth cups Royal Household flour. Bake in two loaves. Frosting: One cup of sugar into five tablespoons of water. Boil until it strings, then pour slowly into the beaten white of one egg. Beat until the right consistency to spread.

**Spice Layer Cake**

One cup sugar, one-half cup butter, two eggs, one-half cup molasses, one cup sour milk, one scant teaspoon soda, one teaspoon cloves, one teaspoon cinnamon, small pinch of salt. Put together with filling of boiled icing and chopped Empress raisins. To make: Cream butter and sugar thoroughly, beat eggs well, add to the butter and sugar and beat all together. Stir in the molasses, add sour milk into which soda has been stirred until foamy. Mix in with the Royal Household flour, cinnamon, cloves and salt, and then add to other ingredients.

**Spice Cake**

One cup butter, two cups sugar, one cup B. C. Evaporated milk, four eggs, three and one-half cups Royal Household flour, two teaspoons Golden West baking powder, one teaspoon each of cloves, Empress allspice, cinnamon and nutmeg. Cream butter and sugar, add the eggs and milk; sift together the flour, baking powder and spices and add to the mixture. This cake may be baked in layers or loaf and with any filling.

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### Chicago Sponge Cake

Two eggs beaten separately, one cup sugar, one cup Royal Household flour, one-fourth teaspoon salt, one level teaspoon Golden West baking powder, three-eighths cup hot water, one-half teaspoon Empress extract of vanilla. Beat the yolks of the eggs until thick, add gradually the sugar, vanilla and beat. Add water, whites of eggs beaten to a stiff froth, and the flour, baking powder and salt sifted together thoroughly. Bake in buttered cakepan forty-five minutes.

### Sponge Cake

Beat together the yolks of four eggs and one cup of sugar. Add the well beaten whites of four eggs, two-thirds cup of potato flour (Swedish preparation), one teaspoon of Golden West baking powder, and one teaspoon vanilla. Bake about twenty minutes.

### Stir Cake

One cup sugar, one cup sweet milk, one and one-half cups Royal Household flour, salt, one tablespoon butter, one teaspoon Golden West baking powder, one egg or whites of two, flavoring. Put all together and stir five minutes.

### Sunshine Cake

Whites and yolks of six eggs, one cup granulated sugar, three-fourths cup Royal Household flour, one-half teaspoon cream tartar, pinch salt added to whites of eggs before whipping, and flavoring to taste. Sift flour three times, measure and set aside flour and sugar. Separate the eggs, putting the whites in mixing bowl and the yolks in small bowl; beat yolks to very stiff froth. Whip whites to foam, add cream of tartar, and whip until very stiff; add sugar to whites and beat in, then yolks and beat in, then mix flavoring in and lastly fold the flour lightly through. Bake an hour in a slow oven.

### Tildon' Cake

One cup butter, two cups of pulverized sugar, one cup of B. C. Evaporated milk, three cups Royal Household flour, one cup cornstarch, four eggs, two teaspoons Golden West baking powder, two teaspoons Empress lemon extract.

### Tutti-Frutti Filling for Layer Cake

Two tablespoons minute Empress gelatine, two cups granulated sugar, eight tablespoons water, one teaspoon vanilla, candied fruits and nuts. Cover the gelatine with cold water and set over hot water to melt. Boil the sugar with the water until thick and white. Toward the end of the beating, stir in various kinds of crystallized fruits cut in bits; also nuts.

### White Fruit Cake

One cup sugar, one-half cup butter, whites of four eggs, one cup B. C. Evaporated milk, one cup raisins, one-half cup citron, two cups flour, two teaspoons Golden West baking powder. Stir sugar and butter together. Beat whites of eggs until light and add to sugar and butter, then add raisins and citron, cut in small pieces, and rolled in Royal Household flour. After adding the milk, stir in flour, which has been well sifted with baking powder. Bake in a moderate oven. Cover with icing as follows: Two tablespoons cream and pulverized sugar mixed in to make a stiff frosting. Flavor with lemon.



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### White Layer Cake

One and one-half cups sugar, one-half cup butter, one cup sweet milk, two cups flour, measured before sifted, two teaspoons Golden West Baking powder sifted in flour, whites three eggs, flavor to suit. Make three quite thick layers.

### White Cake, With Lemon Icing

One and one-half cups sugar, one-half cup butter, two-thirds cup B. C. Evaporated milk, two cups Royal Household flour, two teaspoons Golden West baking powder, whites of four eggs. Cream butter and sugar. Add milk, then flour after sifting into the baking powder. Lastly, eggs beaten to a stiff froth. Flavor with Empress vanilla. Bake in layers. Icing: Beat white of one egg. Add the juice and grated rind of one lemon and then add confectioners' sugar until thick enough to spread.

### White Fruit Cake

Three-fourths cup butter, two cups sugar, one cup raisins, one cup B. C. Evaporated milk, one cup nuts, three cups flour, two teaspoons Golden West baking powder, a few chopped candied cherries, whites of four eggs; fruit well floured before adding.

### Cookies

Two and one-half cups Royal Household flour, one cup butter, two cups of sugar, four tablespoons B. C. Evaporated milk, two eggs, two teaspoons Golden West baking powder.

### Doughnuts

Commence by 12 o'clock (noon). One pint sweet milk and a teacup of lard warmed in the milk. One cup of home-made yeast or two tablespoons of brewers' yeast and make a sponge. When light (by tea time) add four eggs, two and one-half cups of sugar, a little salt, and a tablespoon of Empress cinnamon. In the morning roll and let them rise again, and fry slowly, expecting to finish them about noon.

### Fruit Blanc Mange

One cup molasses, one cup brown sugar, one cup nearly full of lard, one tablespoon soda, two tablespoons vinegar, Empress ginger to taste. Put all together, mix as pie dough, not any stiffer. Work a little, roll very thin and bake in a very hot oven.

## FANCY DESSERTS

### Ginger Snaps

One pint canned fruit, one cup water, one-half cup sugar, three tablespoons cornstarch. Heat the water, sugar and fruit, with juice, together, until it reaches boiling point. Stir in cornstarch dissolved in water. Add to hot fruit and heat till cornstarch is thoroughly cooked. Pour into mould and served with cream. Sour red cherries particularly good.

**WHEN IN A QUANDARY, CONSULT JOHNSTON—See page 113.**

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### **Glorified Rice**

Three tablespoons of rice, two tablespoons of Empress gelatine, one quart sweet milk, one pint cream, salt and sugar to taste. Cook rice in milk until soft. Then run through a colander, after which re-heat and add gelatine which has been soaked in cold water. Add sugar and salt, after which set away to cool. When cold add cream which has been whipped very stiff. Pour in a mould to congeal. Serve with fruit syrup around it.

### **Lemon Tapioca**

One cup tapioca, one cup sugar, two cups hot water, juice of three lemons, apples, salt. Soak tapioca over night. Pare and quarter three or four Bellflower apples, and place in baking dish. Pour over the soaked tapioca and water and bake one hour. Put in lemon, sugar and tiny bit of salt, beating until smooth, after which bake fifteen minutes. Serve hot or cold with cream.

### **Pineapple Tapioca**

Soak three-fourths cup of tapioca in one pint water over night. In the morning add one pint more water and cook until clear. Remove from fire and add one cup of sugar and juice of one lemon. Beat the whites of two eggs stiff and when the tapioca is cool, stir in the whites through it. Cut into small pieces the contents of a can of pineapple and over it pour the tapioca. Cream for Tapioca: Heat one pint of B. C. Evaporated milk to near boiling, then add the yolks of two eggs, a dessert spoon of cornstarch, one-fourth cup sugar and a pinch of salt. Flavor with Empress vanilla. Cook until thick as cream and serve with the tapioca.

### **Prune Souffle**

One pound prunes, one cup pulverized sugar, whites of six eggs. Steam prunes until very tender; press through colander. Add sugar. Fold in whites of eggs. Bake in ungreased mould in moderate oven. Serve at once with whipped cream.

### **Prune Whip**

Boil three cups of prunes. When tender remove the stones. Chop very fine. Add one-half cup sugar and whites of four eggs, well beaten. Stir and bake twenty minutes. Serve with whipped cream.

### **Rhubarb Custard**

One bunch rhubarb, three eggs, one pint B. C. Evaporated milk, one-half grated lemon, sugar and salt to taste. Boil and mash rhubarb. Add eggs, milk, lemon, sugar and salt. Make rich pie crust and bake same as custard.

### **Stuffed Plums**

Take large Greengage plums, remove stones and fill with chopped English walnuts and apples. Serve with whipped cream.

### **Snow Pudding**

One-fourth box Empress gelatine, one-fourth cup cold water, one cup boiling water, one cup sugar, one-fourth cup lemon juice, whites of three



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eggs. Soak gelatine in cold water. Dissolve in boiling water, add sugar and lemon juice, strain and set aside in a cool place, occasionally stirring the mixture, and when partly thickened beat with an egg beater until frothy. Add white of egg beaten stiff, and continue beating until stiff enough to hold its shape. Mould, or pile in a glass dish.

### **Strawberries With Sea Foam Cream**

One-half cup powdered sugar, one cup cream, two heaping tablespoons Empress gelatine, one-fourth cup of cold B. C. Evaporated milk, four tablespoons of powdered sugar. One quart fine firm berries, washed carefully, hulled and sprinkled with a half-cup of powdered sugar. For the cream, whip a cup of cream to a froth, mix in lightly four tablespoons of powdered sugar and set upon the ice. Soak two heaping tablespoons of Empress gelatine in one-fourth of a cup of cold milk for ten minutes, then place over the tea kettle until thoroughly dissolved. Cool slightly and whip with a wire spoon for seven minutes; add slowly to the whipped cream, beating steadily. Flavor with one-half teaspoon vanilla, and set upon ice for two hours. When ready to serve, heap the berries in a glass dish and pile the cream upon them in spoonfuls. This is a very nice dish with any kind of fruit. Use a little salt in the gelatine.

### **Spanish Cream**

One pint B. C. Evaporated milk, one-half box gelatine (heated together). Three egg yolks beaten, five teaspoons sugar, add to above. Cook until it thickens, then stir in whites of three eggs beaten to stiff froth, and flavor with vanilla. Pour in mould, and when cold serve with sugar and cream.

### **Sunday Dessert**

Two oranges pared and cut into small pieces (place in a dish and sprinkle with sugar), one pint B. C. Evaporated milk, boil and add yolks of two eggs, one tablespoon of cornstarch moistened. Stir constantly and when cooked pour over the oranges. Beat the whites of the eggs, add two tablespoons of sugar and spread over the custard. Brown lightly and serve cold.

### **Tapioca Cream Custard**

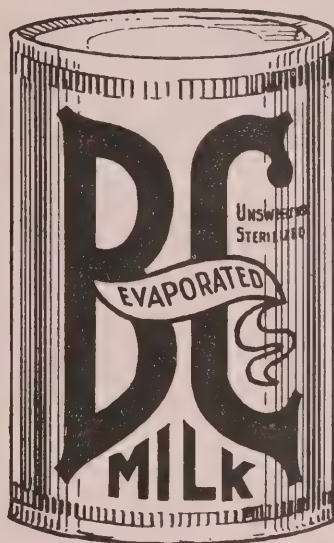
Soak three heaping tablespoons of tapioca in a teacup of water over night. Place over the fire a quart of milk; let it come to a boil, then stir in the tapioca, a good pinch of salt; stir until it thickens; then add a cup of sugar and the beaten yolks of three eggs. Stir it quickly and pour it into a dish and stir gently into the mixture the whites beaten stiff, the flavoring, and set on ice.

### **Cream of Shortcakes**

One pint Royal Household flour, two teaspoons Golden West baking powder, one teaspoon salt, two rounded tablespoons of butter, two rounded tablespoons granulated sugar, one cup cream. Sift all the dry ingredients together, then work in the butter by hand and then add the cream and beat with a spoon. Bake in an oblong pan for twenty minutes. Split with hot knife, spread with butter and add two quarts of well sweetened and chopped strawberries and serve.

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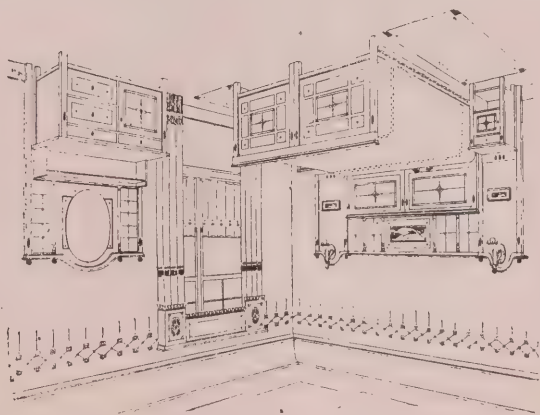
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### Strawberry Shortcake

One quart Royal Household flour, one tablespoon Golden West baking powder, butter the size of a large egg, a pinch of salt. Mix flour, baking powder, and salt. Melt butter, mix with milk, stir in flour and roll soft with as few touches as possible. Divide in half. Roll each and bake in separate pans in a hot oven to a light brown. Spread each with butter and spread with berries that have been crushed with sugar and have stood two or three hours.

### Lemon Jelly

Soak a package of Empress gelatine in one pint of cold water thirty minutes; then add two pints of hot water, one and one-half cups of sugar (or sweetened to taste), two teaspoons Empress lemon extract and stir until sugar is dissolved. Set on ice to harden and let it remain on ice until ready to serve.

### Orange Jelly

Soak a package of Empress gelatine in one pint of cold water thirty minutes; add two pints of hot water, one and one-half cups of sugar, flavor with orange extract, and stir until sugar is dissolved. Set on ice until wanted to serve. In a similar manner other jellies may be made, using extract of raspberry, pineapple, strawberry, etc. In serving these jellies cut across and across, breaking it up into crystals and piling it lightly in glass dishes. Eat plain or with cream and sugar; delicious with whipped cream.

### Pineapple Jelly With Fresh Fruit

Take a pint or more of fresh grated pineapple, add hot water to make up a quart, add one and one-half cups of sugar and boil ten or fifteen minutes. Meanwhile soak a package of Empress gelatine in a pint of cold water thirty minutes or more; then add the quart of hot mixed fruit and juice and stir it gently until the gelatine is dissolved. Set on ice to harden and until wanted to serve.

### Jellies With Ripe, Fresh Fruit

Pare and quarter or slice half a dozen or more ripe peaches, or other soft fruit, sprinkle with sugar and set on one side. Soak a package of Empress gelatine in one pint of cold water thirty minutes; add one and one-half pints of hot water to dissolve it, then add one and one-half cups of sugar, and lastly the fruit. Set on ice to harden and until ready to serve. Whole raspberries and strawberries are very nice this way.

### Snow Pudding

Soak a package of gelatine in one pint of cold water thirty minutes; add one and one-half pints hot water to dissolve; one and one-half cups of sugar and two teaspoons of lemon or other flavoring extracts. Stir until sugar is dissolved; pour into a very shallow dish and set on ice until it slightly jells or thickens; beat to a stiff froth the whites of three eggs and a pinch of salt, beat in the gelatine until light and frothy and set back on ice until ready to serve. Sauce—Beat the yolks of the eggs with a cup of sugar and two teaspoons of cornstarch. Scald one quart B. C. Evaporated milk, and turn it into the yolks, heat until it thickens, stirring all the time. Add vanilla and a pinch of salt and let it cool.

## ICE CREAM

### Angel Parfait

Boil together one-half cup sugar and one-half cup water until a soft ball can be formed. Whip whites of three eggs until foamy, but not stiff; pour syrup in a fine stream over them, beating until cold. Add one tablespoon Empress vanilla. Fold in one pint thick cream beaten stiff. Turn into a quart mould and pack in salt and ice for four hours. Serve in high glasses and decorate with candied cherries.

### Biscuit Glace

One quart cream, yolks of six eggs, one cup sugar. Put half the cream in a double boiler, beat the sugar and yolks together until very light, then stir into boiling cream and stir until it begins to thicken. When cool, add Empress vanilla and the pint of cream which has been whipped stiff. Put in moulds, and pack in ice and salt for four hours. Put strips of cloth dipped in paraffin around covers of cans to keep out salt.

### Caramel Ice Cream

One quart whipped cream, one cup sugar, one cup B. C. Evaporated milk, two eggs, pinch salt, flavoring. Put milk in double boiler. When hot, add eggs. Stir until custard is formed. When cold add cream and freeze. For caramel cream brown the sugar and add to the milk just before adding eggs.

### Chocolate Frappe

Put a quart of rich B. C. Evaporated milk in a double boiler, stir into it gradually three-fourths cup grated chocolate and sweeten to taste. Boil five minutes, stirring all the while; then pour into an earthen vessel and add a tablespoon of vanilla and set on ice. Have chopped ice in the bottom of the glasses; then fill the glasses within a quarter of an inch of the brim. Put sweetened whipped cream on top. If desired the whipped cream can be dotted in the middle with fruit jelly. Serve with wafers.

### Hot Chocolate Sauce (For Ice Cream)

One cup of cream, one cup grated chocolate, one cup granulated sugar, one cup brown sugar. Boil together for twenty minutes, stirring well; and just before removing from fire add one-half teaspoon vanilla.

### Cranberry Punch

Stew one quart of berries until soft. Pass through a sieve; add to pulp, juice of three oranges, one tablespoon liquid from Maraschino cherries and sugar to sweeten. Cook twenty minutes, cool and freeze. Garnish each cup with a teaspoon of whipped cream, candied cherries and a mint leaf. Set sherbet cups on plates and serve with lady fingers.

### Frozen Pudding

Two-thirds quart B. C. Evaporated milk, two tablespoons Royal Household flour, two tablespoons gelatine, two eggs, one pint cream, two cups granulated sugar, one-half pound apricots or cherries, Empress vanilla to taste.

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Soak gelatine in warm water two hours. Put milk in double boiler and scald. Stir eggs, flour and one cup of sugar together and add to milk. Cook twenty minutes. After it is cold add gelatine, cup of sugar, cream and vanilla. Freeze.

#### Ice Cream

One quart cream, one pint B. C. Evaporated milk, two eggs, two cups sugar, one-half cup Royal Household flour. Sift flour and sugar; beat eggs and milk and cook in double boiler. Strain, and add vanilla to taste. Freeze.

#### Ice Cream

Two cups B. C. Evaporated milk, one tablespoon Royal Household flour, one egg, one cup sugar, one-fourth teaspoon salt, one tablespoon of flavoring, from one pint to one quart of cream. Put the milk in a double boiler. Mix sugar, flour and salt. Add the egg, which need not be beaten, and mix all together. Pour the hot milk in gradually, stirring all the time. Return to double boiler and cook fifteen minutes. Stir until it thickens and during the cooking. Turn out to cool. When cool add flavoring and cream. Turn into the freezer, pack and freeze, using three measures of ice to one of salt. When frozen remove the dasher and let stand two or three hours before serving.

#### Lemon Sherbet

Three lemons, two cups sugar, one cup water, one pint B. C. Evaporated milk, one pint cream. Mix juice of lemon, sugar and water. Let stand one-half hour, stirring occasionally until sugar is dissolved. Prepare freezer. Turn in milk and cream. Chill. Add syrup, stirring lightly. Freeze at once.

#### Lemon Ice

Four cups water, two cups sugar, three-fourths cup lemon juice. Make a syrup of the sugar and water. Add lemon juice. Freeze.

#### Milk Sherbet

One quart B. C. Evaporated milk, two cups sugar, juice of three lemons and a little grated rind, or two oranges and two lemons, or pineapple grated may be used. Freeze milk and one-half sugar. Add fruit juice in which the remaining sugar has been dissolved.

#### Milk Sherbet

One and one-half quarts of B. C. Evaporated milk, one cup of cream, one pint of sugar. Partly freeze. Add juice of three lemons and two oranges, whites of two eggs, beaten stiff. Turn freezer slowly until frozen.

#### Maple Mousse

One cup maple syrup, yolks of four eggs well beaten and stirred into the syrup. Cook the mixture over a slow fire about three minutes. When cold, add one quart of whipped cream. Pack with twice as much salt as ice and let it stand three or four hours.

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### **Peach Ice Cream**

One quart peaches, one pint B. C. Evaporated milk, two cups sugar, one pint cream. Put sugar in peaches and dissolve before sifting. Mix and rub through a potato ricer after sugar is dissolved. Add milk and cream. Freeze.

### **Peach Ice Cream**

One quart ice cream, one and one-half cups sugar, one quart peaches. Pare and cut fine the ripe peaches; mash quickly with a wooden masher, then add one-half cup of sugar. Keep covered until sugar is dissolved. Mix this with the partly frozen cream, made with one quart of cream and one cup of sugar.

## **BEVERAGES**

### **Plain Chocolate**

Two squares chocolate, four tablespoons sugar, three cups scalded B. C. Evaporated milk, one cup boiling water, salt. Melt two squares Empress chocolate, add sugar, salt and boiling water; boil two minutes, add scalded B. C. Evaporated milk, and beat with Dover egg beater to prevent scum from forming. Serve very hot.

### **De Jong's Breakfast Cocoa**

Two tablespoons De Jong's breakfast cocoa, two tablespoons sugar, two cups boiling water, one-eighth teaspoon salt. Mix two tablespoons De Jong's breakfast cocoa, two tablespoons sugar, one-eighth teaspoon salt; add two cups boiling water gradually; when smooth boil five minutes until frothy.

### **Ridgways Tea**

Freshly boiled water, one teaspoon Ridgways tea for each cup. Scald an agate-ware teapot; put as many teaspoons tea as cups required. Cover immediately. Serve.

### **Ridgways Russian Tea**

Prepare tea, serving a thin slice of lemon and sugar with each cup.

### **Fagan's Gold Crown Boiled Coffee No. 1**

One cup freshly ground coffee, one whole egg, or one egg white, one cup cold water, six cups boiling water. Mix Fagan's Gold Crown coffee, egg and one-half cup cold water, add boiling water, boil hard five minutes. Set on back of range, add other half cup of cold water, let stand five minutes, and serve with hot milk, cream and sugar.

## **FRUIT BEVERAGES**

### **Fruit Punch**

Sufficient to serve twenty-five persons: Four cups sugar, eight cups water, two quarts Apollinaris, one pineapple shredded, one cup fruit juice, one box strawberries hulled and cut in pieces, four bananas cut in slices, juice of

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six oranges, juice of three lemons. Boil sugar and water five minutes; add fruit, ice, Appollinaris and water to make the punch right strength. One cup Maraschino cherries may be added.

### Mint Julep No. 1

One bunch mint, two cups ice water, juice six lemons, two cups sugar, four cups water. Chop mint; add ice water; let stand over night. Boil sugar and water; chill; add Empress lemon juice and mint water. Serve with crushed ice; garnish with mint leaves.

### Mint Julep No. 2

Put three sprigs mint with one-half teaspoon Empress orange bitters in a glass; add one sherry glass Vermouth and one-half cup whiskey; shake well; add one cup crushed ice, stir to crush the mint. Add two slices oranges, two or three strawberries, and a few sprigs of mint. Add more ice and serve when the outside of the glass is frosted.

## CANDIES

### Boston Cream Candy

One and one-half pounds granulated sugar, one-half pint light syrup, three-fourths pint B. C. Evaporated milk and cream mixed in equal parts. Stir all together and boil until it hardens so that you can roll in a ball when dropped in cold water. Remove from fire and stir in one-half pound shelled walnuts. Keep beating until stiff. Press in a buttered pan with your hands (buttered). When cold cut with very sharp knife.

### Cream Candy

Two cups of granulated sugar, six tablespoons of water, fifteen or sixteen whole Empress cloves. Boil until it hardens in water. Skim out the cloves and pull when cool.

### Fig Creams

Two cups granulated sugar, one cup cold water. Let this mixture boil until a drop will form a soft ball when dropped into a cup of cold water. Do not stir this, but wipe the sugar crystals from the edge of the pan. When this has boiled sufficiently, pour on a marble slab or a cold platter not buttered. Let stand two or three minutes, then beat until stiff. Knead it as you would bread dough. Flavor with Empress vanilla, then roll it out. Spread figs over this, then roll up like jelly roll and cut off in slices.

### Fudge

Three cups granulated sugar, one cup milk, one ounce chocolate. Boil until it can be rolled in a soft ball in the fingers when tried in cold water. Pour into a dish, cool a little and beat it with a fork. If desired add a cup of chopped nuts when partly beaten.

### Maple Fudge

Put together two cups of light brown sugar half a cup of sweet milk, a piece of butter the size of a hickory nut, cook without stirring till it will form



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a soft ball in cold water, then beat till it begins to grain and pour on a buttered tin. Half a cup of chopped nut meats is a good addition.

### Marshmallow Fudge

Two cups granulated sugar, one cup sweet milk, tiny pinch of salt, butter size large walnut, one square Empress chocolate. Boil and stir until a little dropped in water will form a soft lump. Take off fire and immediately add as many marshmallows as can be conveniently stirred in at one time. Beat until thick enough to harden when poured on buttered plate.

### Candied Orange Peel

Peel four large oranges, slice very thin and cover with cold water for two hours. Drain well, and in one cup of sugar and four tablespoons of water cook peel. Drain and roll into granulated sugar, separating each piece. Lay on brown paper to dry.

### Opera Creams

Two cups sugar, two-thirds cup of cream or B. C. Evaporated Milk, two saltspoons cream of tartar. Then add liquid and stir until the sugar is dissolved. Cook without stirring until it forms a soft ball when dropped in cold water. Place in cold water until the bottom of the pan is cool, then beat until creamy. Put in pans and cut into cubes.

### Panache

Two cups sugar, one cup rich milk, butter the size of a walnut. Boil until candy forms a soft drop in cold water. Just before done, put in a tiny pinch of soda and flavor with Empress vanilla. Stir most of the time while boiling. Pour on a marble slab and stir with a spoon until it creams. Knead and roll out. Press in one-half pound walnuts, with rolling pin and cut into squares.

### Pralines

Boil one pound dark brown sugar with barely enough water to cover, until it forms hair-like thread when dropped from spoon. Add one pound shelled nuts. Mix evenly and drop on oiled paper or marble slab, and form into cakes the size of saucer.

### What-Is-It Candy

Three cups of light brown sugar, one cup New Orleans molasses, butter half the size of an egg, one-half cup of water, warm, one cup of black walnut kernels. Take deep saucepan, mix sugar, molasses and water. Cook slowly and add butter when about half done. Try in cold water, when it threads take off and pour in buttered bowl. Pour in the nuts and beat until nearly cold, then mould in loaf and serve in slices.

## SANDWICHES

### Boston Sandwiches

Into a pint of cold baked beans work a half cup of fried and finely minced bacon. When you have a smooth mixture spread it between buttered slices of Boston brown bread. Serve hot or cold as you prefer.

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### **Brown Bread Sandwiches**

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### **Chicken Salad Sandwiches**

Between two thin, oblong slices of bread, buttered, place a layer of chicken salad on a lettuce leaf. In making chicken salad for sandwiches, chop the chicken and celery much finer than for ordinary purposes.

### **Cheese and Walnut Sandwiches**

One-half pound cheese, one-fourth pound English walnut meats, one-fourth teaspoon salt and a dash of red pepper; run through a perfection cutter; mix with a little mayonnaise dressing until soft enough to spread; put between thinly sliced bread, cut about one and one-half inches wide; serve with salad for a luncheon.

### **Cheese and English Walnut Sandwiches**

One-half cup butter, one-fourth pound American cheese, one-fourth pound English walnuts, few grains cayenne. Cream butter, add cayenne and salt, and the cheese grated; then mix in the walnut meats sliced very thin. Spread on thin slices of buttered bread, Boston brown or Graham.

### **Club House Sandwiches**

Toast thin slices of brown or white bread, butter lightly and lay over thin slices of crisply browned bacon, lay on another slice of toast, then thin slices of chicken well seasoned, another slice of buttered toast, and then a thin layer of cucumber pickles sliced crosswise. On top of this put another slice of buttered toast, and you have a sandwich fit for a king.

### **Date and Nut Sandwiches**

Remove the stones and scales from the dates and break them up with a fork. Chop pecans fine and use twice as many dates as nuts. Mix together and moisten with creamed butter. Add a dash of salt and spread between thin slices of bread.

### **Egg Sandwiches**

Chop fine the whites of hard boiled eggs. Mash yolks with silver fork. Mix yolks and whites, season with salt and pepper, and moisten with mayonnaise or cream salad dressing.

### **Fig Filling**

One-half pound finely chopped figs, one-third cup of sugar, half a cup of boiling water and two tablespoons of lemon juice. Mix these ingredients and cook in a double boiler until thick enough to spread.

### **Ham and Chicken Sandwiches**

One-third part finely chopped ham, two-thirds chopped chicken, cream cheese, chopped olive and cucumber pickles. Mix all thoroughly and then

**HACKS! HACKS! HACKS! HACKS!** Phone Sey. 8930.—See page 197.





1472



1473

1474

1475

1476





1

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2

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8



9



10



3



4



5

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12



11

SHAUGHNESSY HEIGHTS  
 VANCOUVER, B.C.

13

This is a specimen page to convey the styles in vogue for Society Stationery. We carry in stock Cranes and Kurds papers and cards in variety of tints, also a large assortment of English hand-made papers.

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moisten with onion juice and a goodly supply of highly seasoned mayonnaise.

### **Harlequin Sandwiches**

First a very thin slice of Boston brown bread, then one of white, then brown, then white, then brown, put together with creamed butter, and cut the shape of a banquet cracker.

### **Lettuce Sandwiches**

Spread thin slices of bread from which the crusts have been trimmed with creamed butter or mayonnaise, to which have been added finely chopped olives or nuts. Put a lettuce leaf on this mixture and then another slice of bread similarly spread.

### **Nut Sandwiches**

Thin slices of entire wheat bread cut circular and buttered. The filling should be made of chopped, roasted and salted peanuts, mixed with sufficient mayonnaise to spread easily.

### **Olive Sandwiches**

Thin slices of bread, evenly buttered. Between each two slices place a layer of Neufchatel cheese mixed to a paste with equal quantities of cream and salad dressing and covered thickly with chopped olives.

### **Russian Sandwiches**

Rub to paste one and one-half rolls Neufchatel cheese; to this add one-half cup chopped pecans, twelve olives chopped fine, salt and cayenne to taste. Mix with mayonnaise. Use thin slices white or brown bread.

### **Salmon Sandwiches.**

Two thin slices of bread, cut triangular and buttered. Between them put canned salmon, dressed with lemon juice and salt and pepper to taste, on a lettuce leaf.

### **Sandwich Filling.**

To six hard boiled eggs chopped fine add one-half cup of salad dressing, one-half cup chopped nuts. Put a leaf of lettuce on slice of bread, cover over with filling, adding a little lemon juice to each sandwich.

### **Salad Dressing for Sandwiches.**

One cup vinegar, one-half cup sugar, one egg, two tablespoons cornstarch, one teaspoon mustard. Mix cornstarch, mustard, sugar and egg together. Before vinegar comes to boil add other ingredients. Add little pinch of salt and butter size of an egg.

### **Tongue Sandwiches.**

Finely chopped tongue, little lemon juice, a few capers and little chopped parsley, white or Graham bread.

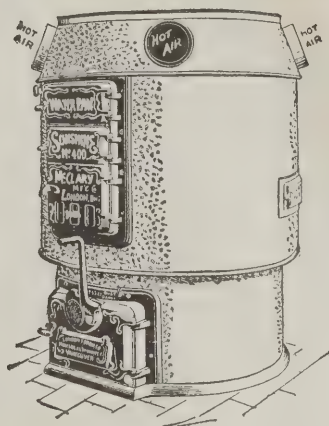
### **Sandwich Filling.**

Mince watercress and equal quantities of finely chopped cold veal; add sufficient mayonnaise dressing to make the mixture spread easily.

**LEAVE THE FLAT AND MOVE TO PAGES 152-153.**



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## PICKLES AND PRESERVES.

### Bordeaux Sauce.

One quart green tomatoes sliced thin. Let stand in water over night. Measure after soaked. Two quarts cabbage sliced thin, five small onions sliced, one red pepper chopped fine, two-thirds tablespoon of tumeric, one-half teaspoon Empress allspice, three-fourths teaspoon white celery seed, one-half teaspoon celery seed, one cup sugar, two even tablespoons of salt, one scant quart of Empress vinegar. Boil till vegetables are tender.

### Pickled Beets.

Cook two dozen beets until tender, in salted water. Cut them in small pieces. Then to one cup of boiling water, add one and one-half cups strong vinegar, six tablespoons sugar, and a dash of red pepper, scald all together, and put in cans when very hot. Seal immediately.

### Catsup

One peck tomatoes to which add four red peppers sliced, four bay leaves, four onions chopped fine, two tablespoons of Empress whole mustard, two tablespoons of whole cloves, two tablespoons of whole allspice, a little unground ginger pounded, a few slices of horseradish, a few pieces of whole mace. Tie the mustard, cloves, and Empress allspice in a cloth. Bring this to the boiling point and simmer gently for three-fourths hour; press through a sieve. Return the pulp to the fire and cook quickly, so as not to destroy the color, until very thick. Add a pint of vinegar, four level tablespoons of salt, one level teaspoon of white pepper, one tablespoon of ground Empress mustard, one scant cup of sugar. Cook fifteen minutes longer, take from fire and bottle while hot.

### Catsup

One gallon of tomatoes after they have been rubbed through a sieve, four tablespoons each of salt, Empress cinnamon, Empress allspice, black pepper, crushed mustard seed, six lady finger Empress peppers (green), two tablespoons each of sugar and ground mustard. Boil in a porcelain kettle until there is one-half gallon, add a quart of cider vinegar and let boil. Bottle and seal. It will keep for years.

### Chili Sauce

Twenty-seven ripe tomatoes, nine green peppers, three onions, six cups vinegar, two heaping tablespoons brown sugar, same of salt, three teaspoons each of Empress ground spices. Boil one hour.

### Chili Sauce

Four dozen medium sized ripe tomatoes, eight medium sized onions, six peppers with the seeds removed. Slice tomatoes and chop onions and peppers fine. Boil this mixture for one hour. Then add five teaspoons each of ground Empress cloves, allspice, and cinnamon, six tablespoons salt, three pints of sugar and three pints of vinegar. Boil for another hour and it is ready for bottling.

**IS YOUR PLUMBING SATISFACTORY?—See page 159.**

### Chili Sauce

Twelve large ripe tomatoes or one quart canned ones, four ripe or three green peppers, two onions, two tablespoons salt, two of sugar, one tablespoon Empress cinnamon, three cups vinegar. Chop fine. Boil one and one-half hours. Seal.

### Corn Relish

One dozen ears corn, one large stalk celery, one and one-half red peppers, three-fourths cup sugar, one tablespoon salt, one tablespoon Empress mustard. Cut corn from cob, chop celery and pepper together, then mix well with corn. Add sugar, salt and mustard dissolved in a little vinegar, then add enough vinegar to cover all well, and boil twenty minutes. Seal in fruit jars.

### Cold Slaw

One medium sized head cabbage, six stalks celery, three eggs, three teaspoons sugar, Empress mustard vinegar, butter size of egg. Chop cabbage and celery very fine. Then beat up one egg, one teaspoon sugar, a little Empress mustard. Put in a cup and fill up with vinegar. Do this with the other two eggs. Put piece butter size of egg in saucepan, melt, pour over it the vinegar and eggs. Stir till it begins to thicken, pour over cabbage, and mix thoroughly.

### Sliced Cucumber Pickles

Six dozen large green cucumbers, six red peppers chopped fine, six sticks horseradish chopped fine, two quarts white onions, one-fourth pound ground mustard, one-fourth pound white mustard seed, one pound brown (C) sugar, one gallon cider vinegar, celery seed to suit taste. Pare and slice onions and cucumbers, let stand over night in salt separately. Next morning wash and drain, mix and scald well. Put in airtight jars. Very fine.

### Sliced Cucumbers for Winter

Slice cucumbers, sprinkle well with salt and let stand over night to thoroughly wilt. If too salt freshen with cold water. Drain perfectly and add good cider vinegar enough to cover well. Cover bottle to exclude all light.

### Currant Jelly Without Cooking

Pick from the stem and wash, being careful that no water is left on them. Press out the juice and strain it. To every pint allow one pound fine white sugar. Stir well together until the sugar is dissolved, pour in cans, seal, and set them in the hot sun for two or three days. Some prefer the jelly glasses to the Mason jars.

### Cucumber Pickles

Wash cucumbers and place in cans, with small pieces of horseradish mixed thoroughly. To two quarts of pickles add one tablespoon coarse salt, one tablespoon of ground mustard, and cold vinegar enough to cover. Seal, and in few days they are ready for use.

### Currant Conserve

Five pounds currants, five pounds sugar, five oranges, three pounds seedless raisins. Peel and cut oranges in small pieces. Cook until consistency of marmalade.

JAMES J. HILL, of the Great Northern Railway—

A thousand factors which I have not time to enumerate are contributing towards the development of this great western country—and I speak without any regard to invisible boundary lines. Seattle, Vancouver and even Victoria are destined to be vast centres. Vancouver, with its wonderful hinterland, will probably be the largest city of all. Burrard Inlet (Vancouver's Harbor) will be the greatest commercial port on the Pacific. I would venture all I own that its population will exceed half a million within fifteen years.

### LEADS THE LEADERS

Vancouver is not only the leader of the ten fastest growing cities of the first class (100,000 or over), in both Canada and the United States, but it leads its nearest competitor by over 100 per cent. Here are the statistics, with percentage of growth of the ten fastest growing cities on the continent (Government Statistics).

NO.	CITY	POPULATION 1900-1901	POPULATION 1910-1911	PER CENT. INCREASE
1	Vancouver	27,000	128,000	374
2	Birmingham	38,000	132,000	245
3	Winnipeg	42,000	135,000	221
4	Los Angeles	102,000	319,000	211
5	Seattle	80,000	237,000	194
6	Spokane	36,000	104,000	183
7	Portland	90,000	207,000	129
8	Oakland	66,000	150,000	124
9	Toronto	208,000	376,000	81
10	Atlanta	89,000	154,000	72

Including immediate suburbs or suburbs annexed after  
1900-1901 census.

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## Hastings Grove Addition

is rapidly developing into one of Vancouver's most favorable suburbs. For all information see—

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24 months, or**

**\$10 Cash, and \$10 a month, bal-  
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Interest 7% payable half-yearly

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### Chow Chow Pickles

One large cauliflower, one quart small cucumbers cut lengthwise, one quart very small cucumbers used whole, one quart button onions, one quart small green tomatoes cut twice, few small peppers left whole or cut once. Scald the cauliflower and onions in milk and the rest in salt and water. Drain. Paste: Two quarts vinegar, one-half cup brown sugar, one cup Royal Household flour, six tablespoons Empress mustard, enough tumeric to give a golden color. Cook in double boiler until it thickens. When cold pour over prepared pickles. Seal.

### Chow Chow

One-half peck green tomatoes, one dozen green peppers, one dozen red peppers, one dozen cucumbers, fifteen large onions. Cut all very fine and mix well. Cover with salt and let stand over night. Next morning drain well. Then add one ounce cinnamon ground, one ounce celery seed, one-fourth pound Empress white mustard seed. Put on and cook slowly for one-half hour in vinegar to cover. Next day drain off this vinegar and pour on more boiling vinegar, to which add three pounds brown sugar, after adding one pint of grated horseradish to the chopped ingredients.

### Chow Chow

Three heads of cabbage, one peck ripe tomatoes, one-half peck green tomatoes, one and one-half dozen onions, one-half dozen green and red peppers. Salt and let stand over night. Drain. Add one pound brown sugar, one teacup grated horseradish, one tablespoon ground mustard, one tablespoon ground mustard seed, one ounce Empress celery seed, one ounce tumeric. Cover with vinegar and cook together.

### Chopped Pickles

Two dozen green tomatoes, two dozen green cucumbers, one head cabbage, six bunches celery, six red peppers, one dozen onions, three pounds light brown sugar, one-half cup Empress white mustard seed, three tablespoons ground cinnamon, one tablespoon cloves, one tablespoon pepper, one-half tablespoon mace. Chop the tomatoes, cucumbers, cabbage and celery separately. Then mix thoroughly, adding a cup of salt. Let stand two hours. Drain. Boil one quart of vinegar and one quart of water and add half of the mixture to this and boil ten minutes. Drain. Put in the other half and boil a few minutes longer.

### Mixed Pickles

Fifty small cucumbers or fifteen large ones cut in small pieces, two quarts green tomatoes, two quarts small silver onions, three green mango peppers cut, three heads cauliflower cut. Prepare each separately. Put in salt water over night. Boil cauliflower in clear water until tender, also tomatoes and onions. Drain from water. Scald each in half vinegar and half water. Drain from that. Take one gallon good cider vinegar, one pound brown sugar; let come to a boil. Then add one-half pound French mustard, one cup flour, three cents' worth tumeric powder mixed in cold vinegar. Add to boiling vinegar, then add vegetables. Stir till it comes to a boil, then add mixed spices.

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### **Cucumber Mangoes**

Select very large green cucumbers. Cut off an inch length from the stem end and remove the seeds. Fasten each piece with a tooth pick to the cucumber to which it belongs. Cover with a brine made in the proportion of one cup of salt to two quarts water. The next morning drain, rinse thoroughly in clear water, stuff with the filling and sew on top. Put in a stone jar and cover with boiling vinegar, using one-third cup brown sugar to each quart vinegar. Drain off the vinegar for three mornings, re-heat and pour over the cucumbers. Seal in jars the last day and keep cool.

### **Filling for Mangoes**

Chop fine six green tomatoes, one small head cabbage, one stalk celery, three cucumbers and a sweet bell pepper with the seeds removed. Add half a cup salt and drain after two hours. Then add a teaspoon each celery seed and curry powder, two tablespoons mustard seed and one-half cup sugar. Mix thoroughly. This recipe is reliable and very choice, and will repay one the trouble of making.

### **Sour Cucumber Pickles**

One gallon vinegar, one-half cup salt, one-half cup Empress ground mustard. Pour over as many small cucumbers as the vinegar will cover. Can be eaten in a few days.

### **Spiced Grapes**

Remove the pulp from six pounds of grapes. Put in kettle and boil till soft. Put through sieve to remove seeds. Put pulp and skins together, add three pounds sugar, one pint vinegar, two tablespoons cinnamon, one level tablespoon cloves, and boil about two hours, or to consistency preferred.

### **Grape Marmalade**

Squeeze the pulp from the skins. Heat the pulp until it can be run through a coarse sieve to remove the seeds. Add to the pulp the skins. To a pound of pulp add three-fourths pound of sugar. Cook until smooth.

### **Ginger Pears**

Four pounds pears sliced very thin, two lemons sliced thin, four pounds sugar, one-half can Empress imported ginger root. Boil slowly two hours.

### **Jim Jam Preserves**

One quart currant juice (two boxes), one quart red raspberry juice (5 boxes), one pound Empress raisins, stoned; juice of two oranges and rind cut fine, five pounds granulated sugar. Boil three-fourths hour. Put in jelly glasses.

### **Grape Jelly With Raisins and Nuts**

The juice from one basket of grapes made into jelly. A bowl of sugar to same of juice. When jelly is ready to put in glasses just before removing from fire, add one pound of Empress raisins (cooked), and one pound of English walnuts chopped.



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### Mustard Mixed Pickles

One quart large cucumbers cut lengthwise, one quart very small cucumbers whole, one quart little white onions whole, one quart green tomatoes sliced thin, one quart string beans whole, one quart celery cut fine, one large cauliflower broken, one medium sized cabbage chopped fine, six green mango peppers cut fine. Place all in weak salt water twenty-four hours. Cook in same till tender, then drain while making dressing as follows: One cup flour, one and one-half cups granulated sugar, six tablespoons Empress ground mustard, one tablespoon tumeric powder, one tablespoon celery seed, one-third teaspoon Empress cayenne pepper, three quarts cider vinegar. Boil until the flour is well cooked, stirring all the time to keep from burning. When dressing is done, pour over the prepared vegetables and bottle and seal warm. (The tumeric powder must be secured from a drug store, as it is not kept by the grocer.)

### Mustard Pickles

Two quarts small cucumbers, two quarts small onions, two quarts green tomatoes, two heads cauliflower, one quart wax beans, three green peppers chopped fine. Let stand in salt water over night, using half a cup of salt and water enough to cover. Cover and put weight on it. In the morning scald until tender in clear water, drain and pour over the mustard preparation. Mix one-half pound of mustard, one-fourth ounce tumeric, four cups vinegar, three teaspoons celery seed, and three-fourths cup Royal Household flour. Slowly add three quarts vinegar and cook until smooth.

### Nut Conserve

Two pints grape juice, two pounds sugar, four oranges sliced thin, one lemon, juice and grated rind, one and one-third pound seeded and chopped raisins, two-thirds pound English walnuts chopped, one-fourth pound filberts, chopped not too fine. Dissolve sugar in the juice. Add the other ingredients and slowly simmer for one hour, or until a thick marmalade.

### Orange Marmalade

One-half dozen oranges, one quart pie plant, three pints sugar. Peel the oranges and boil the skin until tender. Cut in small pieces the oranges, pie plant, and skin of oranges. Cook all together until it jellies. It must be quite thick.

### Pear Conserve

Eight pounds pears, one pound crystallized ginger, four lemons, eight pounds sugar. Cut the pears into small pieces. Boil the lemons until soft enough to stick a pin into, and cut into small pieces. Cut the ginger into small pieces, mix all well together with sugar, and boil two hours. This is a delicious conserve.

### Quince Honey

Three pounds granulated sugar, four grated quinces, one pint boiling water, pulverized alum the size of a pea. Put the sugar in the water and let it boil, then put the quinces in and boil twenty minutes and then put the alum in.

**HACKS! HACKS! HACKS! HACKS!** Phone Sey. 8930.—See page 197.

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# Kitsilano Plumbing Co.

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O. D. FORD, Proprietor

### Spiced Peaches

Select ripe but not soft peaches. For a half peck allow three pounds of granulated sugar and a pint of vinegar. Boil the sugar and vinegar twenty minutes. Put the peaches into hot water for an instant, and in taking them out rub the fur off with a coarse towel. Put them into the boiling vinegar, and boil until tender. Put them in jars or wide mouthed bottles. Boil eight or ten Empress cloves in the vinegar, then put it on the peaches, not so hot as to break the jars. Two or three cloves stuck in each peach are not too many.

### Pear Marmalade

Peel large, hard pears. Cut into rather small cubes. To each pound of the pears add three-fourths of a pound of sugar. Let fruit and sugar stand for a few hours, or until the juice has been extracted, then set on stove. To one dozen pears put six (or less if desired) lemons. Boil lemons until tender, squeeze out the juice and chop or slice the rind. Mix with the pears. Have a jar of preserved Canton ginger. Chop the ginger-root fine, add that and the juice to the pears. Cook until the pears become tender but do not mash the fruit. Do not cook dry. The syrup should be rich and thick.

### Plum Jam

One basket California plums, juice of five oranges and rind of two and one-half, one box raisins. Chop raisins and rind of orange together. Cover plums with water and boil until tender, strain through colander, add raisins and orange rind and orange juice and juice of one lemon. Then boil all together two or two and one-half hours.

### Piccalilli

Two gallons green tomatoes chopped fine, eight large onions, three quarts cider vinegar, three tablespoons Empress black mustard seed, three tablespoons white mustard seed, one tablespoon ground cloves, one tablespoon ground allspice, one tablespoon ground mace, two tablespoons ground black pepper, two tablespoons ground white pepper, four pepper-pods, one tablespoon celery seed, one quart granulated sugar. Mix well together. Chop tomatoes fine and let them stand over night sprinkled with salt. Drain in the morning and then mix in the spices and boil until tender. One bushel of tomatoes makes this recipe about once and one-half.

### Relish

One quart raw cabbage chopped fine, one quart boiled beets chopped fine, two cups sugar, one tablespoon salt, one teaspoon Empress black pepper, one-fourth teaspoon Empress red pepper, one teacup grated horseradish. Cover with cold vinegar and bottle.

### Green Tomato Soy

Two gallons tomatoes, green and sliced without peeling, twelve good sized onions, also sliced; two quarts vinegar, one quart sugar, two tablespoons salt, two tablespoons Empress ground mustard, two tablespoons Empress black pepper ground, one tablespoon allspice, one tablespoon cloves. Mix all together and stew until tender, stirring often lest they should scorch. Put up in jars or crock.



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### **Sweet Watermelon Pickles**

Boil melon till done in clear water and drain. Make syrup of one quart of vinegar, four pounds of granulated sugar, cloves, cinnamon and Empress allspice, one cup of raisins. When at boiling point put in fruit and boil twenty minutes. Put one clove in each piece of fruit.

### **Watermelon Rind Pickles**

Watermelon rind, four pounds sugar, one teaspoon Empress ground cloves, two tablespoons Empress ground cinnamon, two quarts vinegar. Make a syrup of the sugar, vinegar and spices tied in muslin bag. Pour this boiling hot over the rind, which has the hard outside taken off, and has been cut into pieces one and one-half inch square. Next morning drain off the liquor, scald and pour again over rind. Repeat this for three mornings. Then seal in quart cans.

## **MISCELLANEOUS**

### **Quantity of Material Sufficient to Serve Two Hundred People**

Two hundred rolls, four pounds loaf sugar, two and one-half pounds Fagan's Gold Crown coffee, four quarts cream, four pounds veal loaf or four tongues, one ham, three turkeys, fourteen quarts creamed potatoes, seven cakes, eight quarts cabbage salad.

### **Home Comfort**

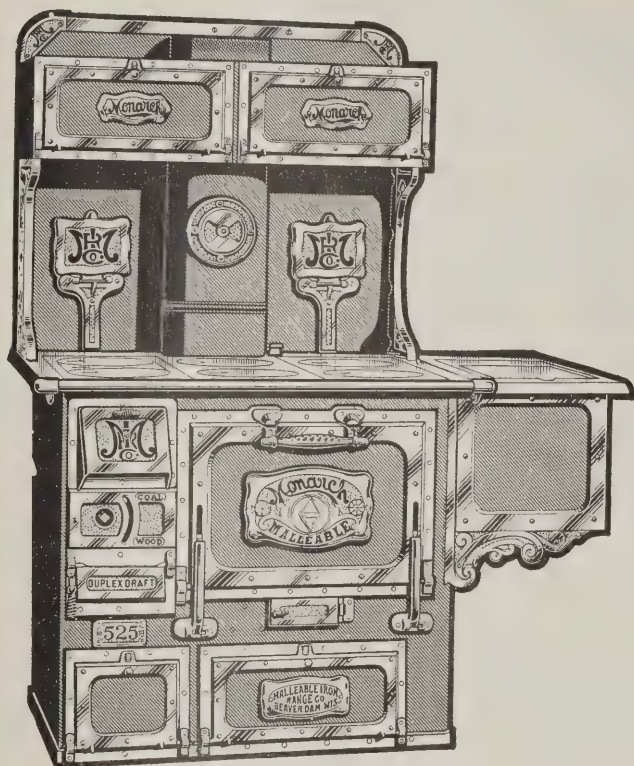
Take of thought for self, one part; two parts of thought for family; equal parts of common sense and broad intelligence, a large share of the sense of fitness of things, a heaping measure of living above what your neighbors think of you, twice the quantity of keeping within your income, a sprinkling of what tends to refinement and aesthetic beauty stirred thick with Christian principles of the true hand, and set to use.

### **Chafing Dish Delicacies**

The chafing dish is composed of the blazer and hot-water pan, set in a standard with a small lamp underneath. Some lamps have an electric attachment, but alcohol is the fuel most used. The best alcohol is the most satisfactory although many use wood alcohol. Every kind of dish which is usually prepared in a sauce pan or double boiler can be made in the chafing dish, but ordinarily oyster, mushroom, fish, egg and cheese dishes are the ones most popular. When preparing for a chafing dish supper arrange the chafing dish on a tray, have the lamp filled, and the matches at hand. A wooden spoon or regular chafing dish spoon and a wire whisk are convenient and really necessary utensils. It is well to have all the ingredients measured and neatly arranged on a tray. If butter is to be used, butter balls, each representing a tablespoon, are a convenient and attractive way in which to serve it. Light the lamp and have the water boiling before the supper is announced, then the compounding of the dish may be done quickly.

**HAVE YOU MET THE K. P. C.?—See page 159.**

# The Brides of—



January  
February  
March  
April  
May  
June  
July  
August  
September  
October  
November  
December

*All Use the*

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### **Salted Almonds**

Heat one tablespoon olive oil in chafing dish; add one cup blanched and dried almonds. Stir until evenly colored. Drain and sprinkle with salt.

### **Bacon and Mushrooms**

Wrap eight mushrooms in eight slices of bacon. Cook in chafing dish until mushrooms are tender. Sprinkle with salt and Empress pepper and serve.

### **Frizzled Beef**

Melt one tablespoon butter, add one tablespoon Royal Household flour and one-half pound dried beef. Cook five minutes, add one-half cup stock, few drops of onion juice, one-half teaspoon Worcestershire sauce, two eggs well beaten. Cook two minutes and serve.

### **Cheese Omelet**

Melt one tablespoon butter; add four eggs slightly beaten, four tablespoons B. C. Evaporated milk, one-half teaspoon salt, one cup grated cheese. Cook like a French omelet over hot water. Serve with or without tomato sauce.

### **Welsh Rabbit**

One-half pound cheese grated fine, three-fourths cup port wine, one-half glass stale beer, four crackers rolled in fine crumbs, use mustard, salt and Empress pepper to taste, stir until smooth, melt cheese in pan, then add wine and beer.

### **Welsh Rarebit**

Melt one teaspoon butter; add one teaspoon each of salt, Empress mustard and paprika; add two cups American cheese. When melted add one-half cup cream or ale. Stir vigorously until smooth, and pour over hot buttered crackers.

### **Cheese and Tomato Rarebit**

Melt one tablespoon butter; add three slices tomato, one-half cup B. C. Evaporated milk, one teaspoon salt, two cups cheese. Stir continuously until cheese is melted. Add three eggs well beaten. When hot, serve on hot buttered toast.

### **Chicken a la Creme**

Melt two tablespoons butter, add four tablespoons chopped peppers, one-half tablespoon chopped onion, one-fourth cup grated cheese, one-fourth cup cream, four eggs slightly beaten. Cook until well blended and serve on buttered slices of toast.

### **Creamed Eggs**

Melt two tablespoons butter; add two tablespoons Royal Household flour, one-fourth teaspoon salt, few grains Empress cayenne, one cup cream. Cook until thick, add two egg yolks and six hard-cooked eggs, cut in pieces, and serve hot on toast.

### **Creamed Lobster**

Melt two tablespoons butter; add one-fourth teaspoon salt, few grains Empress cayenne, two tablespoons Royal Household flour, one cup cream, few



# The Latest Inventions

OF

## Thomas A. Edison



### IMPORTANT ANNOUNCEMENT

Messrs. M. W. WAITT & COMPANY, LIMITED, of 558 Granville St., the oldest Music House in B. C., who are the representatives of and distributors for the product of Thomas A. Edison, Inc., wish to call the attention of the public to two most important inventions recently put on the market by this Company in connection with the Talking Machine Trade. The first is the new Blue Amberol records which plays four minutes. This record supercedes the former wax record and is practically unbreakable, and this feature will appeal to all owners of Cylinder Phonographs. The record itself is an improvement in every way, the tone being particularly clear and the reproduction both natural and perfect. It can be played with the ordinary reproducer, or better still with the new *Diamond Point Speaker* with which all new machines are equipped.

The second invention is the crowning triumph of Edison's genius, it being the perfecting of a new Disc Talking Machine and Record, different from anything heretofore attempted. They must be seen and heard to be appreciated. The record is unbreakable and will not wear out, the tone is simply magnificent and so natural that one can hardly credit that a machine is doing the work instead of the artist. The Reproducer is fitted with a Diamond, doing away entirely with the changing of the needle, as in other makes. The Records themselves play double the length of time than other records of the same size, a feature that cannot be overestimated. There are so many other points of excellence in the machine itself never before available which makes the finished product an ideal Musical Instrument, and just what the world would expect to emanate from the brain of Mr. Edison, the most versatile and marvelous inventor of the age in which we live. Messrs. M. W. WAITT & CO., LTD., will be pleased to demonstrate the virtues of the inventions in question at their Talking Machine Parlors, 558 Granville St., to all who are interested.

gratings of nutmeg. Cook ten minutes, add meat from a two-pound lobster, cut in small pieces the grated coral, and one tablespoon butter. One teaspoon Worcestershire sauce and one teaspoon mustard may be added.

### **Lobster a la Newburg**

Melt two tablespoons butter; add one tablespoon Royal Household flour, one teaspoon salt, few grains cayenne, one cup cream. Cook five minutes, add three yolks well beaten, the meat from a two-pound lobster, and, just before serving, one-third cup each of sherry and brandy.

### **Sauted Oysters**

Season four dozen large oysters with salt, Empress pepper, onion juice and lemon juice. Dip in crumbs, egg and crumbs, and saute in butter.

---

## **A FEW WORDS ABOUT THE HOUSE**

If the windows and outside doors are draughty have weather strip installed on same. If the doors and windows won't open and close freely have the same attended to at once otherwise they will damage the woodwork and finish of their frames. If the roof leaks have it fixed at once or else the plaster, tinting or wall-paper will be damaged. If you break a window have it put in right away or you will find cold air and dust coming into your room, thus damaging your furniture and walls.

## **ABOUT THE OFFICE**

The neat and business-like appearance of your office depends on the style and finish of your counter, office partitions and furniture. If your present fixtures are out of date have new ones designed and installed.

## **ABOUT THE STORE**

The quality of your goods is judged by the class of fixtures which contain them. High-class fixtures sell goods quickly and your customers will tell their friends they deal in an up-to-date store.

For further information on any of the above remarks, see opposite page.

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As most of the people cook with gas, perhaps the following suggestions may be of help in the saving of gas: puddings, pies and beans can be baked well and at small expense by using a small tin oven, such as comes for oil stoves. Place the oven over one of the single burners, and you will find it will give a very satisfactory bake with only a low flame. This little oven is fine for keeping the dishes warm and the victuals warm.

When lighting the gas stove it will often give a slight explosion and light wrong, thus causing no heat. Turn the gas off quickly and on again; it will then light properly without any further trouble.

**LET JOHNSTON WORRY FOR YOU—See page 113.**

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## FIRE INSURANCE AND THE SAFETY OF THE HOME

(By Charles Rutherford)

The destruction by fire of the two great cities of the plain, Sodom and Gomorrah, in the year 1897, B. C., is the first record in history of a conflagration, and although the cities of Europe and Asia were again and again visited by fire, it was not until the great fire of London, in 1666, that serious consideration was given to the question of fire insurance. Dr. Nicholas Barbon, a son of Praise God Barebones, became the first promoter of fire insurance in England in 1667. In company with others he established a business which he subsequently turned into a company in 1680 with the title of "The Fire Office."

Fire insurance is a necessity of our modern civilization. Upon it depends the welfare of the family, the safety of commerce and the stability of the state. It is a form of service which, by cash guarantees, provides safety and confidence to commerce, manufacturing, transportation, banking and property generally.

Vast industries, employing thousands of operators and supporting whole towns, testify to the confidence they place in the protection afforded by fire insurance. Without such protection capitalists could not meet the necessities of the poorer population for employment.

Because of fire insurance immense undertakings are possible and large values are collected in one spot, to meet the requirements of commerce, where a fire might destroy them in an hour. Loans are made by the capitalist on property because the fire insurance policy stands as collateral between him and loss. Merchants sell on credit knowing that although the goods may be destroyed by fire, the purchaser will be able, because of insurance, to meet the payments.

Created resources are the things that have made our elaborate system of credit a necessity. The manufacture and exchange of merchandise as carried on today would be hopelessly wrecked and wide-spread suffering would follow any attempt to conduct our gigantic commerce upon a cash basis. Our commerce has out-grown our cash and we must recognize the fact that in the integrity of our system of credit lies the stability of commerce and the state. It does not require philosophical insight to see that the foundation of credit is fire insurance and that without it our whole commercial fabric would be destroyed and the nation bankrupt.

Insurance companies are of great value to the cities in which they locate their home offices, for not only do they keep at home a large amount of money that would otherwise be paid, in the form of premiums, to companies located elsewhere, but as their operations extend over the entire country and in some the entire world, they are constantly bringing in money for investment. The companies maintaining home offices in Hartford, Conn., a city the size of Vancouver, have an aggregate income of about \$100,000,000 per year.

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To whip eggs well, they must be very fresh and cold.

If you have left boiled eggs in the water a little too long, break the top of the shell by tapping it with a spoon. This lets out some of the heat and the hardening process stops immediately.

**LET AN EXPERT HELP YOU DECORATE.**—See page 89.



# Furniture Insurance

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**A**LMOST every day we read of a fire which has destroyed the furniture of a dwelling. So often also is it intimated that no insurance was carried.

Just think for a moment how you would be affected provided you were visited with a similar calamity. Would you be prepared to go to the additional expense of again buying new furniture?

By insuring your household effects with this Company, you are protected by some of the strongest fire insurance companies operating in Canada. In case of fire your claim will be paid promptly.

To enable you to readily determine the amount of insurance you should carry we are distributing (free) a "HOUSEHOLD INVENTORY" which is conveniently arranged as to include every article in every room.

This book will prove of inestimable value in case of fire. Then it will be quite easy for you to furnish the insurance company with a SWORN STATEMENT which they require.

The cost of insuring your furniture is little. We will gladly give you full particulars regarding same.

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**PACKING, MOVING, STORAGE AND SHIPPING HOUSEHOLD GOODS**

(By Chas. E. Campbell.)

The average housewife knows very little about the proper packing of household goods for moving, storing, or shipping; also the saving that can be effected and the minimum risk of breakage incurred by having her goods handled by a responsible company.

The following hints are valuable to the family thinking of moving to another part of the country in preparing goods for shipment. The following articles should be boxed or crated, viz., sewing machines, bicycles, bookcases with glass, sideboard tops, mirrors, pictures, delicate centre-tables, writing desks, and all fragile pieces of every description.

All bric-a-brac, china and glassware should be packed in strong barrels with a very liberal supply of straw or excelsior. Do not burden drawers with books, clothing or other articles, but pack such things in boxes. Small or medium boxes are the best. Very large boxes are not easily handled, hence easily strained. Chairs should be tied together in bundles of two where practicable and wrapped with paper or burlap. Bear in mind that household goods cannot be too securely packed. In marking goods for shipment be particular to mark each piece plainly so there can be no going astray of any of the articles comprising the shipment.

A reliable company can make a considerable saving in cost and inconvenience by having them take full charge of the packing, moving, storage or shipping, such as The Campbell Storage Co., Ltd., as they have a complete establishment for such business and ship large quantities of household goods in carload lots, besides having the only genuine padded vans in British Columbia and employ only skilled packers for the preparing of goods for either moving, shipping or storage.

(See opposite page)

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Soda crackers are much more crisp if set in a hot oven a few minutes before serving.

To prevent the odor of cabbage or onions, throw red pepper pods into the pan they are cooking in

When cutting new bread always put the knife in hot water first, and you will find that it facilitates the cutting.

Flowered vases can be easily purified and cleansed by rinsing them out with warm water and powdered charcoal.

A box filled with lime and placed on a shelf in the pantry and frequently renewed will absorb the damp and keep the air pure and dry.

Freshen the house by putting a few drops of oil of lavender in an ornamental bowl, then half fill it with very hot water. This will give a very delightful freshness to the atmosphere.

If our lady readers wish to keep a bouquet fresh let them drop a teaspoonful of powdered charcoal into the water intended for the flower stalks, and they will keep their freshness and perfume for several days, and look and smell the same as those just gathered. The charcoal settles to the bottom of the vase, the water remaining clear.

**YOUR PLUMBING AS YOU WANT IT.—See page 159.**

We Pack Wedding Gifts during the absence of the Bride and Groom on the honeymoon. We can do this on very short notice.

We Move your Household Effects in genuine padded moving vans—the only ones in British Columbia are operated by us.

We Ship your Effects to all parts of the world by the shortest route and at the lowest cost. We are part of a world-wide system embracing all civilized countries.

We Store your goods in the best storage warehouses in Western Canada. They are dry, clean and sanitary. Our charges are very moderate—much lower than rent. See us.

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## EQUIPMENT FOR THE MODERN HOME

The equipment of the modern home of today has been altered greatly by reason of the introduction of labor- and time-saving household appliances which depend upon electric current for their operation. These appliances are now very popular and are becoming increasingly more so as they present the advantages of perfect cleanliness, freedom from excessive heat, ease of operation, and readiness for immediate service. The consumption of current for these appliances is very small, and housewives who utilize them claim that the increase in their lighting bill because of their use is far more than compensated for by the advantage gained.

One of the great advantages of electric household appliances is that they may be connected with an ordinary lighting socket. This enables the housewife to use, in many cases, the appliance directly on the dining-room table, a convenient form in case of chafing dish, toaster, coffee percolator, teapot or heating disc.

The most popular household appliance is undoubtedly the electric iron, without which no modern home is today fully complete. Whether the housewife does her laundry work at home or not, the electric iron is indispensable, as there are many delicate pieces which careful housewives hesitate to trust to the public laundry. Should the housewife have all her laundry work done at home, the electric washer is an ideal method to meet the demand, this appliance at small cost doing all the hard work of washing and wringing the family wash.

In the line of electrical cooking appliances the electric range, on which may be performed all the cooking operations of the home, has now reached an advanced stage. The individual electric cooking appliances are, however, still more popular with the housewife, and by their use may be prepared an ordinary light meal very quickly and with great convenience.

For the tea and coffee, electric percolators and teapots are available which start operation immediately upon turning on the current, and prepare tea or coffee in a very few minutes. The electric toaster operates very quickly and prepares on the dining-room table the slices of appetizing golden brown toast, in a manner which cannot be duplicated on the ordinary kitchen range. For general light cooking, the preparation of eggs, bacon, etc., the electric heating disc meets the demand perfectly, and this apparatus may be utilized for every form of cooking, it being a miniature electric range. For the social evening gathering, electric chafing dishes are offered which do the work in their field quickly and in a perfect manner.

Looking away from the kitchen and dining-room for a moment, mention may well be made of the various household appliances which may with convenience be used in other rooms of the house. The principle of vacuum cleaning is now accepted as the best type for this form of household work, and here the electric current, applied to either the stationary or movable appliance, does its work thoroughly and quickly. In the bathroom or other apartment where a small quantity of water requires heating quickly, the immersion boiler renders effective service. For the convenience of the ladies, electric curling irons are available, and recently electric warming pads have made their appearance, furnishing in convenient form a substitute for the hot water bottle.



# Start Housekeeping Right



COFFEE PERCOLATOR

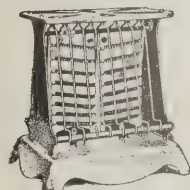
## Use Electric Household Appliances

*Convenient*

*Cleanly*

Any appliance is operated by connection with an ordinary household socket

### Look Over This List



TOASTER

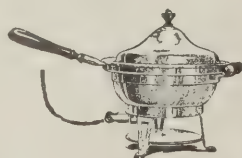
Irons	Heating Discs
Washing Machines	Warming Pads
Immersion Boilers	Coffee Percolators
Teapots	Chafing Dishes
Toasters	Utility Outfits
Electric Ranges	Vacuum Cleaners

All these appliances and many others may be seen at our salesrooms, where they will be demonstrated for you.

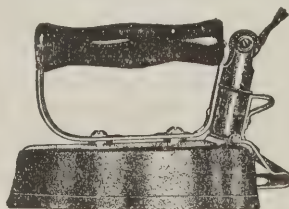
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## HOW TO BE HAPPY AND HEALTHY AND HAVE A GOOD COMPLEXION

It stands without saying that to be happy and cheerful and retain the affection of one's partner in life, one must be healthy, and the great question is, how to retain your health? or if lost, how to regain it? It is certain, drugs and operations will not help. On the other hand, they will destroy your health; what then will you do? The only method that will do the work is that of CHIROPRACTIC ADJUSTMENTS. Chiropractic (pronounced Ki-ro-prak-tik), you say. I have never heard of it. What is it? The word means "done by hand." It was discovered in 1895 by Dr. D. D. Palmer of Davenport, Iowa, and is a scientific method of removing the cause of disease by spinal adjustment. The spinal cord is a continuation of the brain, as is well known, and acts as the trunk line for nerves, or, to put it another way, as the main cable running from the brain (power house) to the various organs and parts of the body. A displaced vertebra causes a pressure on the nerve, thus interfering with the transmission of mental impulses, or, as you would perhaps say, power or vital force from the brain, to the part affected. The result would be, either not enough, or too much power; the effect would be disease. But you say, how is my vertebra displaced? When you consider that a fall, misstep, over-reaching, over-lifting, etc., etc., must affect the spine, as it is the main shaft of the body, and that the muscles are affected by changes of temperature, and being attached to the vertebra, when suddenly contracted by cold, often cause a subluxation, you will readily see how this can happen. What then will you do if sick—go to a blacksmith? You laugh at the idea. Is it not just as foolish to go to a doctor of medicine? What does he know about the spine? He could not tell, by an examination of your spine, if it were normal, or if a pressure existed at any part affecting an organ. On the other hand a graduate chiropractor (doctor of chiropractic) has made a study of the spine, is in fact a spinal specialist, and is able, not only to analyze and locate, unerringly, the physical cause of disease, but also to adjust and remove this cause, more promptly and permanently than by any other known method. Remember a chiropractor gets at the root of the disease; he does not treat effects, he adjusts the cause every time; other systems treat effects. Perhaps you say, what has that to do with the complexion? In the first place, if you feel well, you generally "keep smiling," and then, in addition, if all the organs of the body are working well, the complexion will become clear and the skin smooth and soft. The Doctor of Chiropractic has very often had patients say to him: Why, Doctor, I believe you are a beauty doctor; my friends say I am getting beautiful. So, in conclusion, to be happy, healthy, beautiful and have a happy home, get your spine adjusted. Keep smiling, don't worry, don't get angry, and be contented with such things as you have; live within your means, in fact, save something every month. Get Hubby's meals promptly on time, study his likes and dislikes, don't forget there are times when silence is golden, and a sunny life is before you. True, clouds may now and then come across your path, but a rift will soon appear, and the sun will smile upon you again; you will smile back and the world will smile upon you.

---

To disinfect a room from the smell of tobacco or closeness, place in an open mouthed jar one-half teaspoonful spirits of lavender, and a lump of salt of ammonia, leaving it uncovered. It is excellent.

**WHEN YOU WANT A HACK OR CARRIAGE, Phone Seymour 8930.**

# George Evans, D. C.

( Doctor of Chiropractic )

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## THINGS WORTH KNOWING

Salt will curdle new milk, hence in preparing milk porridge, gravies, etc., the salt should not be added until the dish is prepared. Salt will remove stains from silver caused by eggs. Apply with a soft cloth.

The effects of ammonia on vegetation is very beneficial. If you desire your plants to become more flourishing, try it upon them by using six drops to every pint of water you give them. Do not repeat this oftener than once in eight days, lest you stimulate them too highly.

Ammonia is a most refreshing agent at the toilet table. A few drops in the bath will make a better bath than pure water.

Ammonia entirely absorbs all obnoxious smell so often arising from the feet in hot water.

A package of Royal Crown Washing Powder and a cake of Royal Crown Cleanser should be kept in every kitchen to be used freely on all dishes that require scouring and cleaning.

Two pounds of alum dissolved in three quarts of boiling water and applied to all cracks and crevices will keep out ants, roaches and bed bugs.

**Jewelry**—Many jewels require an occasional sleep, in order to retain their brilliancy; diamonds, rubies, opals and sapphires are among the number. They should be put away in total darkness now and then. The usual velvet or satin-lined cases are the correct receptacles. It is best to wrap them in jeweller's tissue paper, then pack them in wool and lay away in air-tight compartments. A number of stones are seriously affected by fumes from the furnace, sewer gas, moisture and sea air.

No housekeeper should be without a bottle of spirits of ammonia, for besides its medical value, it is very desirable for household purposes. With a pint of suds mix a teaspoonful of spirits, dip in your silverware, knives, forks and spoons and rub them with a brush and polish them with a chamois skin.

**Care of Bathroom.**—Plenty of fresh air and a generous flushing of pipes, using disinfectants every two weeks at least. Copperas is the best. Dissolve a couple of pounds of crystals in a gallon of water, pouring it down the drains while hot. It has no odor but will stain any clothing, and must be used with care.

To prevent portieres catching under the door when opened quickly, screw a small ring (such as is used for picture frames) into the centre of the door frame and to this fasten a blind cord sufficiently long to reach to the bottom of the curtain. Put another ring in the centre of the door at the top, thread cord through and fasten to bottom of curtain. As the door is opened the curtain rises.

Carpets in rooms which are seldom used are apt to be attacked by moths. Salt sprinkled around the edges and well under the carpets before being put down will generally prevent their ravages. Plenty of light and air should be admitted into the rooms, as moths favor close, dark places.

**Tapestry-covered Furniture**—To clean this first brush thoroughly; then add a teaspoonful of ammonia to a quart of water. Wring a cloth out of this and sponge thoroughly, rinsing and turning the cloth as it gets dirty, changing the water when necessary. This freshens and brightens it wonderfully.



*Solve the Soap Problem*

*Get a  
Twenty-five-cent Package  
of Seven Cakes*

**Royal Crown Soap**

*and a Three-pound Package of*

**Royal Crown**  
**Washing Powder**

*Save your Hands, Save your Clothes  
and  
Save the Coupons for Premiums*

To Renovate Leather Furniture—Wash it with soap and water, and when dry apply a little vaseline, rubbing it well in with the hand. Let it remain till next morning, then polish with a soft duster. This treatment will prevent the leather from cracking.

Coal that is kept in a dry and airy place will burn much longer than that which is kept in a close cellar, with no ventilation. When coal remains long in close, airless places it gets rid of its gas, and the absence of this renders it less powerful and more wasteful when burned.

**Ice Boxes.**—Few housekeepers pay the attention they should to their ice boxes. An ice box can be kept in perfect condition if it is thoroughly cleaned once a week, but twice is better. The box should be thoroughly washed with strong soda water, and the drain pipes should be washed out. An ice box should always be full of ice. It is the poorest economy to allow the supply to decrease, and if sufficient ice is provided the box can be kept at an even temperature, which insures the preservation of the food it contains. There are people who, from a false idea of economy, fail to get the best results from the use of ice and refrigerators. A common mistake is getting a small piece of ice every day or every other day, instead of filling the ice chamber two or three times a week. The small piece of ice cannot reduce the temperature sufficiently, and the result is that each new piece melts rapidly and the food cannot be kept.

To darken brown boots and shoes that have seen their best days, rub all over with a piece of clean white flannel wet in ammonia. Do this twice, then polish with the usual brown liquid. They will look as nice as ever.

Kerosene will soften boots and shoes that have been hardened by water and make them pliable as new.

To make calico wash well infuse three gills of salt in four quarts of boiling water, and put in the calicoes while hot, and leave them till cold. In this way the colors are rendered permanent and will not fade by subsequent washings.

To brush silk goods use a piece of black velvetten about a quarter of a yard large. This makes a most satisfactory brush, removing all dust perfectly and yet does not injure the fabric.

To keep ants, moths or other insects out of the pantry or closets, sprinkle the shelves and corners with sassafras oil, and they will soon bid you good-bye.

Tissue paper should never be thrown away. Save it for polishing windows and mirrors, or for removing the first coat of grease from dishes previous to their immersion in the dishpan. Never use soda for washing dishes which have any gilding on them, for the soda will in time remove it all. Instead of soda use a little soap that has no bad effect.

To take white spots from varnished furniture, hold a hot plate over them and they will disappear.

For washing windows and mirrors, take a piece of paper and put a few drops of ammonia on it. This will readily take off all finger marks on the glass.

**A Paint-Stained Dress.**—If you happen to get wet paint on your dress, rub the dress with another piece of the same goods and the stain will entirely disappear. You can use another piece of the same garment. What happens to the paint is hard to say, but it certainly disappears.

Absolutely Pure—Manufactured from Dis-  
tilled Water

**ICE**

**Vancouver Ice & Cold  
Storage Co.**

Phones Seymour 413 and 415

To clean sponges, wash them in diluted tartaric acid, rinsing them after in water. It will make them white and soft.

Blue ointment and kerosene mixed in equal proportions and applied to the bedsteads is an unfailing remedy for bedbugs, as a coat of whitewash is for a log house.

To prevent flannels from turning yellow, lay pieces of white wax in the folds of white flannel or swiss muslin.

To remove ink stains apply lemon juice and salt and lay the articles in the sun.

To take spots from wash goods rub them well with the yolk of an egg before washing.

Salt and beeswax will make rusty flatirons as clean and smooth as glass. Tie a lump of wax in a bag and keep it for the purpose. When the irons are hot rub them first with the bag, then scour them with a paper or cloth sprinkled with salt.

To brighten copperware, a little crushed borax if sprinkled thickly on a flannel cloth that is wet with hot water and well soaked will brighten the copper like magic.

Grease marks on wall paper.—These can be removed by applying a mixture of paste of pipe clay and water to the stains, and allowing this to dry all night, or day. Then the powder should be gently brushed off without scratching the paper.

Polish for Oilcloth.—Save all candle ends and melt in the oven, mix with it sufficient turpentine to make a paste. This is excellent for linoleum.

Brushes and Combs.—Put a teaspoonful of ammonia in a quart of water. Wash your brushes and combs in this and all dirt and grease will disappear. Rinse, shake and dry by the fire or in the sun.

**The Care of the Piano**—Have it tuned at least once every six months. Make it your business to know that your tuner has had factory experience. Let the ivories or keys be exposed to the light as much as possible, to prevent them turning yellow. When polishing or cleaning the case do not use these so called "cure alls." Get it from those who are making this their specialty. This is important. If your piano is marred or scratched do not attempt to overcome it yourself, but call in a workman in that line. It is decidedly cheaper.

To remove rust stains from matting, cover the stain with paper and place a warm iron on this. When the spot is warm dip a glass rod in a bottle of muriatic acid and go over the rust spot with it, wetting every part with the acid. The spot will turn a bright yellow. Instantly wash it with an old tooth brush dipped in boiling water and rub dry with woolen cloths. Before beginning the work have all the appliances ready, and then work rapidly from start to finish. Muriatic acid always corrodes metals, therefore keep the bottle corked tight when not using it. Two or three ounces will be ample.

To clean straw matting, use a coarse cloth dipped in salt and water. Wipe dry. The salt will keep the matting from turning yellow.

To remove paint and putty from window glass put sufficient saleratus into hot water to make a strong solution and with this saturate the paint or putty, which adheres to the glass. Let remain till nearly dry, then rub off with a woolen cloth.



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Refelting  
Case Remodeling

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**M O N O — R U B**

AGENTS FOR  
COLUMBIA GRAPHOPHONES AND RECORDS

## THE CARE OF THE HAIR

(Special Treatise by W. C. Hoffman.)

Hair is the crowning beauty of a woman. It is the duty of every woman to make the most of her personal appearance. This has been true in every age, but never more so than at the present age.

### The Lady's Hair

When retiring never leave the hair up. Always take it down, give it a good brushing, and braid it loosely for the night, as it is very restful for the hair after being tied up during the day.

When curling the hair, beware of using tongs that are too hot. Do not brush and comb too often. Do not use too many pads. If you are particular about your hair, you will not use the cheap woolen pads, as they are not only unsatisfactory but very ruinous to the hair. If you can afford it, get a pompadour made of real human hair.

### Tonic for Oily Hair

Tincture of alcoholic cantharides, 1 dram; tincture of capsicum,  $\frac{1}{2}$  dram; tincture of nux vomica, 2 drams; cocoa oil,  $\frac{3}{4}$  of an ounce. Shake before using. Massage nightly into the scalp with the finger tips.

### Tonic for Dry Hair

Sweet almond oil,  $1\frac{1}{2}$  ounces; oil of rosemary,  $\frac{1}{2}$  ounce; oil of cinnamon, 17 drops; mix well and massage with finger tips into the scalp nightly, or every other night as required.

### Lotion that Keeps the Hair in Curl

Of the many preparations recommended to keep the hair in curl, none is easier for amateurs to make, or is more effective, even in damp weather, than bandoline, made from quince seed. It is harmless, and keeps straight locks in curl. The only objection to it is that when dry it assumes a powdery aspect suggestive of fine dandruff. An old method for preparing this toilet preservative is to add a tablespoon of the seeds, bruised, to a pint of soft water. Boil gently until the quantity is reduced to three gills. Then strain, and when cold, two tablespoons each of cologne and alcohol are added. If the hair is naturally oily, one-half teaspoon of powdered alum may be added, dissolving it first in the alcohol. For applying to the hair a small sponge is the best agent. This lotion must be put on before using curlers.

### To Keep False Hair Clean and Natural Looking

False hair will last longer and look better if properly cared for, and as the best quality is not inexpensive, and should be carefully selected, it behoves a woman, now that quantities of it are worn, to know how to make it last. To begin with then, a cheap quality is most expensive, for after a little wear it becomes either scrubby-looking or so harsh that it cannot be used. Cheap pieces lose color and either streak or fade quickly. One of the most important and difficult details of caring for chignons is to keep them free from dust. Like hair growing on the head, they hold impurities and unless cleansed will grow dull-looking and old. In their care a soft brush is essential, and every

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night when the pieces are removed they should be stroked lightly but thoroughly with bristles in such a way that the dust is taken out. This should not be omitted even for one night, for once the switch or puffs become dust laden they are difficult to clean. To wash a switch or puffs is practically impossible, but as cleansing is necessary at intervals, cornmeal should be applied. The meal should be rubbed gently but thoroughly through the strands and then, fastening the top of the pieces securely, a long bristled brush must be applied vigorously to remove the grains. Before this, however, the long hair must be rubbed between the hands so the meal will absorb the dust. Once in a long while (about every two months) a little oil rubbed on the false piece will keep it in condition and aid in preserving the dressing. For this glycerine is excellent, and the manner of applying should be carefully followed. Too much of the grease will almost ruin, while too little will not be effective. When using the glycerine the tip of the piece must be securely fastened where the long hair will hang free. Then a few drops scented may be rubbed between the palms of the hands, to distribute it evenly, and then put directly upon the hair, the only difficulty being that unless care is exercised the grease will adhere to only one part of the switch. This is most apt to be avoided by pressing the palms lightly when first they are put on, making the strokes heavier as the grease is absorbed. Under no circumstances must there be any appearance of grease.

#### **Dandruff Cure**

Boracic acid, 1 dram; lavender water, 2½ ounces. Mix and massage into the scalp every other night.

#### **The Care of the Girl's Hair**

Having the child's hair cut every month is too often and will result in making naturally fine hair turn coarse. Every two or three months is often enough. See that it is not cut too close. Girls over six years should have the ends singed after their hair has been cut, as it seals up the open pores of the hair.

Wash the hair every week and do not use strong soap. An egg beaten, and applied at time of washing will give to the hair more of its natural gloss and always help to keep it bright.

A few of the German canilles made into a tea and used after straining is especially recommended for blonde hair.

#### **The Baby's Hair**

It is the duty of every mother to pay special attention to the care of her little one's hair. Always keep the baby's hair washed free from dust and grease (the latter caused through perspiration while sleeping). Never use a comb of any kind until the baby gets over its first year. Only soft brushes should be used. The baby's hair should not be cut until it is a year old or more, even if the baby's hair is extra thick and strong, the second year is soon enough.

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A good china cement is made by mixing with a strong solution of gum arabic and enough plaster of paris to make a thick paste. This should be applied with a camel's-hair brush.

**IF YOU APPRECIATE THE BEAUTIFUL, See page 35.**



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## HEALTH AND BEAUTY HINTS

### Elderflower Cream for Massage

Almond oil,  $1\frac{1}{2}$  ounces; white wax,  $2\frac{1}{2}$  drams; spermaceti,  $2\frac{1}{2}$  drams; lanoline,  $\frac{1}{2}$  ounce; oil of bitter almonds,  $\frac{1}{2}$  dram; elderflower water,  $1\frac{1}{2}$  ounces; witch hazel,  $\frac{1}{2}$  ounce. Melt the wax and spermaceti in an earthen dish, set in basin of boiling water, add the lanoline and beat in the oils slowly. Remove vessel from the heat and add the witch hazel and elderflower water. Apply at night or before going out of doors. In the latter case, dust on powder.

### Massage Creams and Lotions that Whiten Skin

When it becomes necessary to treat the complexion with a massage cream or lotion it is desirable to select one that will soften and also whiten. As a rule any preparation that softens is likely to have a slightly bleaching effect, because the latter is included in a scheme of general improvement. But a woman who wishes the cream action to be less slow may like to try a paste made from 2 ounces of sweet almond oil, 160 grains each of white wax and spermaceti, 50 grs. of powdered and sifted benzoin, 160 grs. of rice starch, and  $7\frac{1}{2}$  grains of pure carmine. The wax and spermaceti are melted in a cup set into hot water, the benzoin being added at the time. The oil is poured in as the fats are melted, and the cup removed from the heat. The liquid is beaten a moment with a fork and the carmine and starch are mixed at the same time. Blending must be carefully done to prevent lumps. If perfume is wished, two drops of oil of violets should be added just before the grease hardens. This cream, which, owing to the benzoin, is particularly whitening, is especially adapted to use on skin in the evening, before applying powder. It may also be rubbed over the cheeks during the day, wiping off any superfluous quantity before putting on powder. Its action on the skin is beneficial.

### Bleach for Tan

Put half a pint of rich milk into a porcelain kettle and bring it to a boil. Skim carefully and add a quarter of an ounce of strained lemon juice. Remove from the heat and pour in half ounce white brandy. Bottle when cold, and apply to the face with a soft cloth, letting the mixture stay on all night. Wipe over the face again in the morning after washing.

### To Whiten Hands

Strained honey one ounce; lemon juice, one ounce; cologne, one ounce; mix and rub well into the hands at night, then wear a pair of large kid gloves, the palms split for ventilation.

### Nail-Polishing Powder

Oxide of tin, one-half ounce; powdered carmine, one grain; powdered orris root, one grain. Mix by sifting three times through coarse muslin.

### Astringent Tonic Skin Lotion

Rosewater, three ounces; elderflower water, one ounce; simple tincture of benzoin, quarter ounce; tannic acid, five grains. Mix and wipe over the face with a soft cloth several times a day. Discontinue using when dryness results.

**IS YOUR PLUMBING SATISFACTORY?—See page 159.**

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### Blackheads

To cure blackheads make an ointment of one ounce of soap liniment and one ounce of ether; mix. At night scrub the face thoroughly with hot water, using a complexion or other soft brush. After wiping apply the mixture to each of the spots and let it remain over night. Wash off in the morning with hot water. Continue until the spots have disappeared. Then twice a week wash the face with this mixture, removing the liquid at once by rinsing with clear water. If there are large pores, wipe over each with a little alcohol. For pimples that frequently appear with blackheads, make an ointment of two grams of beta naphthol, 20 grains of sulphur precipitate and 20 grams of potash soap. Rub over the pimples at night. This may be used at the same time as the blackhead mixture.

### Freckle Lotion

Two drams oxide of zinc, one-quarter dram subiodide of bismuth, one and three-quarter drams of dextrin, one and one-half drams of glycerine. Spread the paste over the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and almond oil.

### Harmless Rouge

Carmine, one-quarter dram; sweet almond oil, one-half dram; powdered magnesia, one ounce. To mix, mingle the carmine and powder, and then slowly work into the oil. The preparation should be forced through coarse muslin several times, pressing out the lumps. It will be in powder form, the oil being absorbed.

### Face Powder for Brunettes

Lycopodium powder, ten grains; talcum powder, ten grams; powdered tannin, two and one-half grams; boracic acid, two and one-half grams; essence of violet, five drops. If desired tinted, one grain of carmine may be added. To mix, mingle the powders and slowly work into the essence. Strain six times through coarse muslin, forcing the lumps through.

### Eyebrow and Lash Tonic

Red vaseline, five grams; boric acid, ten centigrams. Make into a smooth paste, and massage into the brown at night, also rubbing lightly over the lashes at the roots.

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## AIDS TO THE INJURED

### Family Medicine Chest

The following are a few of the many articles which should be in every household in case of emergency—especially if a doctor is not to be obtained immediately: Absorbent cotton, bandages of convenient length and width of old cotton (which every housekeeper has if carefully saved), old linen handkerchiefs, pieces of soft flannel, prepared mustard leaves, adhesive plasters, arnice, pure vaseline, collodion, witch-hazel, ammonia, borax, ipecac, spirits of camphor, aconite No. 3 labeled "Poison." No. 2 is invaluable in the household if administered carefully in fever, ten drops in a glass of water; dose, one teaspoonful each hour. Pure wine, whiskey, or brandy, if the occasion requires.

**WHEN IN A QUANDARY, CONSULT JOHNSTON—See page 113.**



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The hot water bags are indispensable, and can be obtained at slight cost. One per cent. solution of carbolic acid is very useful (also a deadly poison) in cases of injury, because of its cleansing qualities. If a cut is to be treated, the wound should be cleansed in clear tepid water, then rinsed with the carbolic solution, then painted with collodion, which stanches the blood and serves as a varnish to keep out air and any dirt.

The solution of carbolic above mentioned is excellent for burns; saturate the cotton and put on to the afflicted spot, bandage and keep wet.

Trifling injuries, whether cuts or tears, should be gently cleansed with lukewarm water poured over the wound, then replace the skin or tissue, and lay a clean white cloth, soaked in laudanum, peroxide of hydrogen, alcohol or water, over the injured part and loosely bind on.

A cloth dipped in cold water, or a key, placed on the nape of the neck, or a teaspoonful of salt in a cupful of water or vinegar snuffed up the nose, rarely fails to stop the bleeding. Also, brown paper dipped in vinegar and placed on the nape of the neck will stop bleeding from the nose.

### **Burns and Scalds**

Dust the parts with bicarbonate of soda, or wet with water in which as much of the soda has been placed as can be dissolved. When the burns are so severe that the skin and blisters are raised, open the blisters at one side and swathe the parts with soft linen anointed with simple serate or saturated with sweet oil, castor oil or equal parts of linseed oil and lime water. Burns from acids should be well washed with vinegar and water.

### **Choking**

If possible remove the offending substances at once with the fingers, or with blunt scissors used as forceps, or a loop of small wire bent like a hair-pin. It may be possible to dislodge it by blowing strongly in the ear, or by causing the patient to vomit by tickling the throat. In a child these efforts may be aided by holding it up by the legs.

### **Cholera Morbus**

Give thirty drops of laudanum or two or three teaspoons of paregoric to an adult, or proportionate doses for children. Also apply over the stomach a mustard paster or cloths wrung out of hot water and turpentine and frequently changed.

### **Cramps**

A cold application to the bare feet, such as iron, water, rock, earth or ice, when it can be had, is an excellent remedy for cramp. If the patient be seized in the upper part of the body, apply the remedy to the hands.

### **Croup**

Croup attacks children at night and is distinguished by a peculiar resonant, barking sound. Hoarseness is one of the earliest symptoms. Apply hot water to the throat for fifteen or twenty minutes with a sponge or soft cloth, and give powdered alum mixed in syrup, in half teaspoon doses, repeated every twenty minutes, until vomiting takes place. Keep the child warm, so that sweating may be induced, and strive to allay its excitement or fear.

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### Colic

May be treated as above, with the addition of an emetic or purgative, or both if due to undigested food.

### Convulsions in Children

When these are brought on by indigestion, place the child in a warm bath immediately, give warm water or a lobelia emetic, rub the skin briskly, etc., to get up an action. In brain disease the warm water is equally useful. In fact, unless the fit is constitutional, the warm bath will relieve the patient by drawing the blood to the surface.

### Diarrhoea

In sudden attacks of diarrhoea a large cup of strong, hot tea, with sugar and milk, will frequently bring the system to a healthy state.

### Earache

If a living insect is in the ear, turn the head to the opposite side and fill the ear with tepid water, oil or glycerine, and it will soon come to the surface. A bright light thrown into the ear will also often succeed in bringing it out. Any body that will not swell when moistened with water may probably be removed by syringing the ear thoroughly, with the face held downward. None but the very gentlest probing of the ear should be attempted by any one but a physician. Earaches may often be relieved by using hot drinks, and a hot hop poultice over the affected ear.

### Eye

Dirt in the eye may be washed out by squeezing from a sponge a small stream of tepid water. To wash lime from the eye use tepid water moderately acidulated with vinegar or lemon juice. Cinders and other small particles may be removed generally by touching them with a soft silk or linen handkerchief twisted to a point, or by using a loop of human hair. Metallic particles can be removed often best by the use of a magnet. To expose the eye more fully, the upper lid may be easily averted by lifting it by the lashes and pressing from above by a slender pencil or stick.

### To Save a Person on Fire

Seize a blanket from a bed, or a cloak, or a carpet, or any woolen material. Hold the corners as far apart as you can stretch them out higher than your head, and rush bodily on the person, throwing the fabric around the upper part of the body. This instantly smothers the fire and saves the face. The next instant throw the unfortunate person on the floor. This is an additional safety to the face and breast, and any remnant of flame can be put out more leisurely. The next instant immerse the burnt part in cold water, and all pain will cease with the rapidity of magic. Next get some common flour, remove from the water, and cover the burnt parts with an inch thickness of flour; if possible put the patient in bed, and do all that you can to soothe until the physician arrives. Let the flour remain until it falls off itself, when a new skin will be found, and unless the burns are deep, no other application will be needed.



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### Hemorrhages

In hemorrhage from an artery the blood is bright red, and spurts or jets out from a cut. To stop it make compression between the wound and the heart. In venous hemorrhage the blood is dark in color and flows in a steady stream. To stop it make compression on the side of the wound away from the heart. Hemorrhage from the lungs is bright red and frothy, while that from the stomach is of dark color. To make thorough compression of a blood vessel, knot a large handkerchief in the middle, place the knot over the line of the vessel, tie the ends firmly around the limb, thrust a short stick beneath and twist by turning the stick like you turn an auger.

### Ivy Poisoning or Poison Oak

Treated by the application of cloths saturated with sugar-of-lead water, or with solution of bicarbonate of soda in water. Hot water applications will give instant relief.

### Nausea and Vomiting

First cleanse the stomach by giving large draughts of warm water, and then give small pieces of ice, a tablespoonful of lime water, or a half teaspoonful of aromatic spirits of ammonia, or a small quantity of magnesia or baking soda, and, if necessary, place a mustard plaster over the pit of the stomach.

### Poisons and Their Antidotes

When poisonous substances have been taken into the stomach, the first move is to cause their ejection by vomiting, or neutralization by proper antidotes. Our first step, however, should always be to get rid of as much of the poison as possible by vomiting—riddance is always preferred to neutralization—but that which remains must be rendered inert by proper antidotes. Vomiting should be produced by the simplest means when they are sufficient, such as tickling the throat with the finger or with a feather, or by drinking lukewarm water, salt and water, or mustard and water, but when these means are insufficient we should at once resort to one of those emetics which is most powerful and speedy in its operation, as tartar emetic, sulphate of copper, or sulphate of zinc. When vomiting has been excited, it should be continued by copious draughts of warm water, or by tickling the throat with the finger or a feather until the poisonous substances are ejected. In cases where vomiting cannot be produced, the stomach pump must be used by skilled hands, especially in arsenical or narcotic poisons. When as much of the poison as possible has been gotten rid of by vomiting, the following antidotes will be found the most simple and reliable; acids are neutralized by alkalies, such as very thick soap suds of soap and milk, chalk, soda, lime water, magnesia, or saleratus. In cases of poisoning from sulphuric acid do not use soap suds or lime water; for nitric or oxalic acid use magnesia and lime, and for prussic acid use dilute ammonia and electricity. Alkalies are neutralized by acids, the vegetable acids, vinegar, or oils in large quantities. Opium and other narcotics are neutralized by strong coffee and frequent doses of aqua ammonia, following and during frequent powerful emetics, and for the spasms of strychnia use chloroform, or ether and electricity. Motion and heat must be maintained in poisonings of this character.

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every ten minutes until relief is obtained is relied upon by the profession oftener than any other treatment. This preparation, as well as any others named under poisons, can be procured at any druggist.

When poisoned by bismuth, copper and their compounds, mercury, tin, zinc, and their salts, and creosote, use albumen in some form, as the white of eggs, sweet milk, strong coffee, and mucilaginous drinks.

For lead and its salt, use epsom salts, glauher salts, dilute sulphuric acid, or even lemonade, in mild cases.

For iodine use starch, wheat flour or arrowroot beaten up in warm water.

For gases use dilute ammonia, electricity and friction.

In poisoning from animals, but little or no benefit is derived from vomiting, but we should at once resort to antidotes and often to the actual cautery.

For the bite of a mad dog the actual cautery should instantly be applied to the wound and large doses of zinc, or muriate of iron, given for several days.

For serpents' stings apply the actual cautery immediately and give sufficient whisky or brandy to produce intoxication. For insect poison apply iodine, or hartshorn and oil, to the part and give stimulants for a day or two.

### Sore Throat

Gargle with warm water or alum in sage tea, and drink often and freely of flaxseed tea.

Flaxseed tea should be made by pouring a pint of boiling water on one or two tablespoonfuls of whole flaxseed and stirring it up for a few minutes. The flaxseed should not be boiled, as that would bring out the oil, which is too heavy for the stomach. It is only the mucilage from the outside of the seeds that is useful. Chlorate of potash, an ounce in a pint of hot water, makes a very good gargle for a simple or ulcerated sore throat. It is nearly tasteless, and not being at all offensive to take, is well adapted to children. A stronger gargle is: Take of very strong sage tea half a pint, strained honey, common salt and strong vinegar, of each two tablespoonfuls; use one teaspoonful of pulverized cayenne pepper, steeping the cayenne with the sage. Strain, mix and bottle for use, gargling from four to a dozen times daily, according to the severity of the case. To smoke dry mullein in an ordinary but new clay pipe has been found very beneficial where there is a tickling in the throat or hacking cough or other irritation.

For **Burns** nothing excels linseed oil and lime water. Dip cotton in the lotion and apply to burn and bandage.

For **Backache** and pain in the chest the Belladonna and Capsicum plaster is the best and can be obtained at all drug stores.

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To clean carved ivory articles.—The beauty of carved ivory articles is frequently spoiled on account of dust which collects in the interstices, so those who possess them will be pleased to hear of an excellent method of cleaning the ivory effectually. A paste should be made of sawdust, water and a few drops of lemon juice. This paste should be applied thickly all over the carving, and be permitted to dry on. When finally brushed off with a soft, firm brush, the preparation will be found to have left the ivory pure and white once more.



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## THE CARE OF THE TEETH.

There is no part of the human anatomy which requires more attention or which is of more vital importance to the health and comfort of the individual than that of the teeth.

The teeth have many functions: first in importance is mastication; second, assistance in articulation of words; third, that of giving beauty and expression to the face.

Mastication.—This is the cardinal function of the teeth. The crushing of food is not the only end accomplished in mastication, but during the process the glands situated in and about the mouth secrete large quantities of saliva, in which is a ferment which is necessary in the first stage of digestion. If the teeth are unhealthy there will be a tendency to select soft foods which require little or no mastication. In such cases the food will not be incorporated with the normal quantity of saliva which is required in digestion; the result will be faulty digestion, tainted breath, headache, and many other ill effects may follow.

### Tooth Decay and its Cause.

Dental caries is a disintegration or breaking down of the tooth tissue, resulting from action of certain species of micro-organisms. Decay goes on persistently, more rapidly in some mouths than in others, according to the condition of the secretions, the general health and the care taken in cleansing the mouth and the teeth.

Neglect of proper cleanliness of the mouth is one of the chief causes of tooth destruction, as well as of other diseases.

Each germ disease, whether it be decay of the teeth, tuberculosis, or any other, is the result of specific forms of bacteria. The warmth, moisture and presence of food in the mouth make it a desirable habitat for the growth of germs. In almost any mouth in which there are decayed teeth there may be present the germs of many diseases, such as diphtheria, typhoid fever, cholera, pneumonia, tuberculosis, etc.; and, strange to say, that people who have such pretty mouths will demand pure, clean foods to masticate in a cesspool of disease; surely the best results could not be expected under these conditions.

### Prevention of Decay.

Absolute cleanliness is the best known preventive of dental caries (tooth decay).

The best means of cleansing the mouth and teeth, other than by mastication, is by the intelligent use of a good tooth-brush, together with plenty of moderately cold, pure water. The head of an ideal tooth-brush should not be more than one and one-half inches long, or wider than one-third of an inch.

There is a right and a wrong way of using a tooth-brush, and most people employ the latter method. The old see-saw manner of using the brush is a very poor one. The motion should be a vertical one in line with the long axes of the teeth and used with a rotating movement, which will allow the bristles to pass in between the teeth, displacing any particles of food which may be lodged there. As it is generally impossible for the average person to keep their own teeth perfectly clean, they should consult their dentist at least once every three months.

# Dentistry

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“Great men are those who see that mental force is stronger than material force; that thought rules the world.”—Emerson.

## THE LAW OF MENTALISM

(By Professor Stranack.)

Mentalism is the law of nature which governs every phase of human existence, of life and death. Through it and by it our physical bodies are formed and kept in health, our mental faculties developed, our characters formed, our environments made and changed, our careers marked out and our destiny shaped. It is the law which governs all the phenomena resulting from the control of mind over matter, and mind over mind; it is itself the controlling force. It is the mental force which is in constant but often unconscious operation.

Mentalism is the law upon which the Occult Sciences are founded and sustained. Hypnotism, Mesmerism, Personal Magnetism, Magnetic Healing, Mental and Christian Science, Clairvoyance, Clairaudience, Telepathy, Mediumship, etc., have revealed some of the phases and some of the power of Mentalism, but they have not revealed the basic law.

Results have been produced, but the operators have neither understood the cause nor the source from which the power came.

Mentalism is superior to all these sciences, because Mentalism is the law. It's like all great discoveries: is very simple and its significance can be easily grasped, even by children. It tears away the dark wall of superstition from every mind, whether in or out of the body. It is the intelligence at the command of man, that makes him a god, justifying the claim that he was made in the image of his Creator, wherein lies the secret of health, happiness and success, and physical, mental and spiritual progress. Through the exercise of this law man may make of himself whatsoever he desires. It robs death of its sting and the grave of its victory, for it demonstrates conclusively the immortality of man. It explains what the soul is and how it takes possession of the body. It places the responsibility for crime and wrong-doing and teaches man liberality of thought and generosity towards his fellow men, and reveals to the world a simple, logical, but great power. The extent of this force is only limited by the intelligence of mankind to use it.

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## MEDICINAL RECIPES

**For Aiding Digestion**—Use Napoleon Extra Virgin Olive Oil in Salads.

**For a Hair Tonic**—It is very good. Apply a little daily to the soap, and if a severe case steam the scalp with hot towels; this opens up the pores of the skin, then rub Napoleon Extra Virgin Olive Oil in well, then wash the oil out of the hair; this last treatment you will find very beneficial if you are losing your hair.

**For a Burn**—Use Napoleon Extra Olive Oil and lime water, equal parts, mix and keep the burn well covered with it.

**For Gall Stones**—Use Napoleon Olive Oil; this will reduce them to a soft substance and they will pass the patient without pain.

**BRAND & PERRY, Printers, 629 Pender St. West. Phone Seymour 2578.**



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MAGNETIC

HYPNOSIS

SUGGESTIVE THERAPEUTICS

"I declare it is my conscientious conviction, founded on long experience and observation, if there were not a single physician, surgeon, man-midwife, chemist, apothecary, druggist or drug, on the face of the earth, there would be less mortality, and less sickness than now prevails."—James Johnson.

CHRONIC AND  
SO-CALLED  
INCURABLE  
CASES  
PREFERRED



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Cures without Medicine or Drugs

Do you want to stop drinking, smoking, chewing and other habits controlling you? "No curative power in medicine." Let me treat your case and cure you permanently. Mentalism governs all diseases in a direct and natural manner.

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VANCOUVER, B. C.

**For Gastric Trouble**—Use Napoleon Extra Virgin Olive Oil. Doses one to two ounces daily.

**For Appendicitis, and to Prevent Appendicitis**—Use daily Napoleon Extra Olive Oil. Doses one to three ounces.

**For a Cold**—Rub Napoleon Extra Virgin Olive Oil on your chest, and then cover with a warm flannel.

**For a Dry Skin**—Apply Napoleon Extra Virgin Olive Oil and rub in well.

**For Thin People**—Use daily from one to three tablespoonfuls of Napoleon Extra Virgin Olive Oil; you will find this very beneficial to increase fat to the body.

**For Reducing Heat of the Skin**—Use daily with each meal Napoleon Extra Virgin Olive Oil.

**For Constipation**—One to three ounces of Napoleon Extra Virgin Olive Oil to a dose.

**For a Laxative**—For children use Napoleon Extra Virgin Olive Oil mixed with prune juice; dose one to three ounces.

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### CARE OF THE EYES

(Revised by G. W. Grimmer.)

Sight is the most inestimable of all blessings; blindness the most woeful of all afflictions. This being so you will readily concede the great importance of your eyes as a part of your animal organism. A momentary realization of your helplessness without them will aid you to a juster appreciation of their worth.

As an essential, then, of a happy existence, do you give your eyes attention in proportion to their importance? Do you care for them as their delicacy demands?

Most people—you included, perhaps—are extremely negligent in regard to their eyes, and very culpably so in regard to their children's. This is because the public generally have literally no idea of the number and variety of eye defects. They know in a general way of near sight, far sight, old sight, squint, etc., and many with one or other of these defects foolishly think it is only necessary for them to pick out at random from a number of spectacles a pair that suits. Alas, many of the glasses selected in this way, that seem to suit exactly, prove most injurious and cause permanent injury.

The fact is, that optical defects occur in such varying degree and in so many combinations, that only the competent eye specialist with a complete eye-testing equipment, such as an optometrist possesses, is qualified to discover the exact nature and degree of the trouble and properly correct it.

#### Signs of Failing Vision

Eye defects manifest themselves in various ways. Persons with normal eyes see to read with greatest distinctness when they hold the book from twelve to fourteen inches from the face. If, in reading, you find it necessary to hold the book much nearer to the face or much further from it than the normal twelve or fourteen inches, or if you see only indistinctly whatever the position of the book, then you should at once consult an optometrist, as you also should when you notice any of the following symptoms:

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The best fruit on a tree is reached  
by means of a ladder. You can  
take the elevator here.

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INVISIBLE BIFOCALS  
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LATEST METHOD  
WITHOUT DRUGS  
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Optician and  
Optometrist

The  
Focal  
Point

106 Bank of Ottawa Building

Glasses may be right or wrong; it will pay  
you to have them right.

*My Business is to Relieve Eye-Strain*  
*and I Do It*

Consultation Free. Eyes Examined by Ap-  
pointment.

PHONE SEYMOUR 532

OFFICE HOURS:

9 to 12, 1 to 5

Saturday Evenings 7 to 9

When your eyes tire and when you cannot continue for any length of time to regard small objects, as in reading.

When you involuntarily frown or partly close the eyes when looking at an object.

When things "swim" or become dim after being looked at for some time.

When the eyes ache, smart or water, when your eyelids get inflamed often, or when you have pain in the eyeball, orbit, temples or forehead.

When you have any nervous derangement that you cannot otherwise account for.

### **Always Go to a Competent Optometrist**

Never select glasses for yourself, and never purchase glasses from a peddling spectacle-seller.

The stock of such spectacle sellers is as defective as their knowledge of optics. The lenses are carelessly ground, and the lens in one eye is frequently different from the lens in the other eye. Wearing them will soon result in pain in the eyes and injury to the sight.

Then there is frequently the condition of unequal vision—that is, your eyes may differ in focus and each may require a different, specially prescribed lens. In such cases similar lenses such as you would select for yourself or a pedlar would give you, must of necessity prove injurious to one or other of the eyes.

### **Pointers for Spectacle Wearers**

It is just as important to have correctly fitting frames as correctly ground lenses.

It is essential to good vision that the centre of the glasses comes exactly opposite the pupils of the eyes, and with ill fitting frames this most important essential may be absent.

The spectacles should not be too wide or too narrow for the eyes, as in either case they have a tendency to produce double vision.

The bridge should fit the nose so well that wobbling would be impossible. Such wobbling puts both lenses out of centre.

Never keep a pair of glasses for reading on the face a moment longer than you are looking at some near object.

### **How to Preserve Sight**

The proper reading distance is twelve to fourteen inches from the eye.

Always turn your back to the source of light when reading, or let the light fall over the left shoulder, so that the light may fall on the book or paper instead of coming into the eyes.

Never read or permit your children to read with an imperfect light. Short sight is often produced in this way, especially in young people.

Never read in railroad trains when they are in motion. If necessary to do so, it is somewhat of a help to hold a card under each line, moving the card down as you read.

Never read when the body is exhausted, and read but little when recovering from an illness.

Do not sleep in a bed so placed that the eyes are opposite to a window and never read when lying in bed.

Ladies should avoid the use of very thick dotted veils, and they should not do needlework with dark material by artificial light.



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## CHILDREN'S PRESCRIPTIONS

### For Colds and Fever in Small Children

Potash, Acetate of .....	1 drachm
Dilute nitro-muriatic acid .....	40 drops
Aconite, Tincture of .....	10 drops
Nitre, Spirits of .....	50 drops
Henbane, Tincture of .....	40 drops
Glycerine .....	1 ounce
Water, add to .....	4 ounces

Dose—One tablespoonful every hour until improvement, then less often.

Use Knowlton's Terpo-Glycerine.

### For Colds and Fever in Small Children

Ipecac, Wine of .....	2 drachms
Glycerine .....	$\frac{1}{2}$ ounce
Squills, Syrup of .....	3 drachms
Senega, infusion of, add to .....	4 ounces

Mix. Dose—From ten to twenty drops taken as above.

### For Children Threatened with Croup or Bronchitis

Squills, Compound Syrup of .....	3 drachms
Tolu, Syrup of .....	5 drachms
Acacia, Syrup of .....	1 ounce

Mix. Dose—Half to one teaspoonful every hour.

Use Benson's Throat Gargle.

### Carminative Mixture, for Flatulency, etc., of Children

Ammonia, Aromatic Spirits of .....	16 drops
Ginger, Tincture of .....	$\frac{1}{2}$ drachm
Cardamon, Compound Tincture .....	12 drops
Dill Water, add to .....	1 ounce

Dose—Half to one teaspoonful every thirty minutes.

### For Stomach and Bowel Complaints of Children

Senna Co., Tincture .....	4 drachms
Ginger, Tincture .....	2 drachms
Simple Elixir, add to .....	4 ounces

Dose—Teaspoonful or more to keep the bowels regular.

Use Benson's Dyspepsia Powder.

### Cough Medicine for Small Children

Ammonia, Carbonate of .....	30 grains
Ipecac, Wine of .....	2 drachms
Licorice, Syrup of .....	3 drachms
Glycerine .....	2 drachms
Simple Elixir, add to .....	4 ounces

Mix. Dose—One teaspoonful as needed.

Use Benson's Catarrh Cure.

**SAVE TIME.—PHONE SEYMOUR 7079 FOR A MESSENGER.**

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a Prescription  
To Make Up*

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15 Hastings Street East, Corner Carrall  
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**Cough Medicine for Children**

Ipecac, Wine of .....	$\frac{1}{2}$ drachm
Liquor Ammonia acetatus .....	$\frac{1}{4}$ ounce
Potash, Bicarbonate of .....	1 drachm
Tolu, Syrup of .....	1 ounce
Water, add to .....	4 ounces

Dose—One teaspoonful as needed.

Use Cascade Cold Tablets.

**For Whooping Cough**

Ammonia, Bromide of .....	30 grains
Ipecac, Wine of .....	1 drachm
Antimony, Wine of .....	1 drachm
Squills, Syrup of .....	$\frac{1}{2}$ ounce
Simple Syrup, add to .....	4 ounces

Mix. Dose—One-half to one teaspoonful three or four times a day.

Use Knowlton's Witch Hazel Cream.

**For Whooping Cough**

Carbolic Acid .....	15 drops
Belladonna, Tincture of .....	40 drops
Ipecac, Fluid Extract of .....	$\frac{1}{2}$ drachm
Glycerine .....	4 drachms
Water, add to .....	3 ounces

Mix. Dose—One teaspoonful as needed.

**For Baby Powder**

Zinc, Oxide of .....	2 ounces
Starch .....	2 ounces

Mix thoroughly by passing several times through a fine sieve.

**For Baby Powder**

Boric Acid .....	$1\frac{1}{4}$ ounces
Starch .....	$2\frac{1}{2}$ ounces
French Chalk .....	$1\frac{1}{4}$ pounds
Rose Geranium, Oil of .....	1 drachm

Mix together.

Use Knowlton's Foot Powder.

**Soothing Syrup Without Opium**

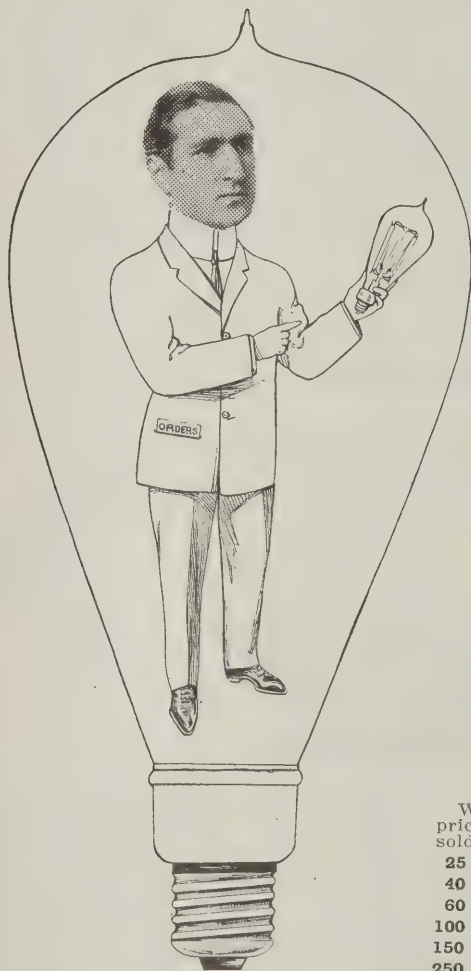
Syrup .....	1 ounce
Deodorized alcohol .....	2 ounces
Anise, Oil of .....	8 drops
Caraway, Oil of .....	5 drops
Potash, Bromide of .....	2 grains
Water .....	1 ounce

Dissolve the oils in the alcohol, dissolve the bromide of potash in the water, and add all to the syrup and mix altogether.

Dose—From five to fifteen drops, according to age.



# Re MORRIS



## Wire Drawn Tungsten Lamps

DEAR MADAM:

There have been TUNGSTEN lamps of all makes sold in this city in the past three years which have been very fragile in their construction.

They would break at the filament if not carefully handled, and their durability was a question of doubt.

This new type of unbreakable TUNGSTEN lamp can be turned on and off at the socket and can be handled the same as an ordinary carbon lamp without the least fear of breakage.

If there should be a flaw in the construction of this lamp, which possibly there might be, or should this lamp burn out in sixty days from the date of sale, we will gladly exchange it for a new one, provided the lamp is stamped with our special trade mark, which is the name "MORRIS." Every lamp bears our 60-day guarantee—"look for it."

We beg to submit the following prices at which these lamps will be sold:

25 watt at, each.....	\$ .70
40 watt at, each.....	.75
60 watt at, each.....	.85
100 watt at, each.....	1.50
150 watt at, each.....	2.00
250 watt at, each.....	3.50

For orders of 50 lamps or more we will give a discount of 10% on the above prices.

Telephone us and we will have our agent call and demonstrate this lamp, or call at our office and we will be glad to do the same there.

Anticipating your future trial orders, we remain,

Respectfully yours,

## Vancouver Tungsten Lamp Co.

CHARLES S. MORRIS, Manager

Selkirk Block, 135 Hastings St. W.

Phone Sey. 5487

*We are Sales Agents for Morris Lamps*

### Infant's Cordial

Sassafras Bark .....	2 ounces
Caraway Seed .....	2 drachms
Coriander Seed .....	2 drachms
Anise Seed .....	2 drachms
Water .....	8 ounces
Alcohol .....	8 ounces

Let stand several days, strain, and add of molasses one and one-quarter pints: mix thoroughly.

Dose—From one-quarter to one-half teaspoonful.

### For Feverishness in Teething Children

Laxative Compound Licorice Powder.

Dose—One-quarter teaspoonful in water given at night.

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### Orange Blossom, or Woman's Suppositories.

Zinc, Sulphate of.....	1	drachm
Alum .....	15	grains
Cocoa Butter .....	3	drachms
White Wax .....	$\frac{1}{2}$	drachm
Sweet Almonds, Oil of.....	$1\frac{1}{2}$	drachms
Henbane, Extract of.....	1	grain

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### HOW TO BAKE BREAD

White bread is made from a mixture of flour, liquid and yeast. The most nutritious bread is made from patent flours. The liquid used may be pure water, scalded milk, or a combination of the two. The yeast is a fungus, and in the process of feeding and growing produces a gas which we depend upon for raising the dough. The conditions for growth are moisture, even temperature, food and air. The temperature best suited for yeast growth is 86 degrees Fahrenheit. Sugar is added to dough to give yeast an easy method of obtaining its food. The yeast attacks the sugar first, then the starch, and lastly the nitrogenous matter; therefore avoid processes of bread making requiring long hours and many risings. Two risings are quite enough if ingredients are carefully blended. The purpose of the first kneading is to thoroughly distribute the yeast; the purpose of the second kneading is to break up the bubbles and to distribute the gas evenly throughout the dough. If the dough is too light the bread will be full of large holes.

#### To Knead

Push the dough with palm, curving the fingers to keep the ball from flattening too much. With every push turn the dough one quarter way round and fold over. Do not make it too stiff. A soft dough makes a tender

**NO DELAY.—PHONE SEYMOUR 7079 FOR A MESSENGER.**

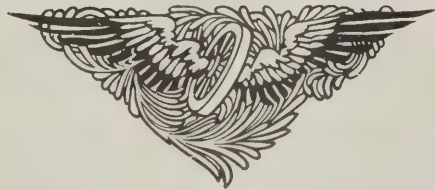
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French Dry Cleaning

Ladies' Fancy Dresses

Our Specialty



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# B. C. Cleaning and Dyeing Works

Down Town Office:

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bread, and one that will keep better than a stiff one. Knead until the dough has a silky smoothness, is full of blisters and does not stick to the hands or bowl (about twenty minutes).

### **To Bake Bread**

The best pan for baking bread is made from Russia iron. It should be four inches deep, four and one-half inches wide, and ten inches long. A new baking pan should always be baked blue in the oven before it is used. Bread should be baked in a hot oven. Use one and one-half pounds of dough to a loaf. The loaf should continue rising for the first fifteen minutes, when it should begin to brown and continue browning for the next twenty minutes. Reduce the heat and finish baking in fifteen minutes. Bread is done when it leaves the sides of the pan. When done remove from pans, lay on a rack, brush over with melted butter if you wish a soft crust. Biscuits require more heat than bread. The time required for baking is from fifteen to twenty minutes. The rolls should continue rising the first five minutes, and brown in the next eight minutes. A shallow pan of boiling water placed in the oven under the loaves causes loaves to rise better and produces a more tender crust.

### **Care of Bread**

Bread boxes should be thoroughly washed, scalded and dried over the range before each new baking. When once dried do not leave open, to expose it to germs in the air. Keep dry, old rolls and pieces of bread in an earthen crock. This bread should be ground or rolled and used for crumbing, escallops, etc.

### **Water Bread**

One quart boiled water, one yeast cake dissolved in one-fourth cup lukewarm water, one teaspoon salt, one tablespoon lard, one tablespoon sugar, three quarts sifted flour.

Put salt, sugar and lard in bread raiser, scald with boiling water. When lukewarm add dissolved yeast cake; mix in the flour slowly, beating constantly and thoroughly. When the dough is sufficiently thick to knead, sprinkle the moulding board lightly with flour and turn dough onto it. Knead, cutting often with a case knife to more thoroughly distribute the yeast. Knead until dough ceases to stick and is smooth and elastic to the touch. Return to bread raiser or to greased bowl, cover and let rise over night, at a temperature of 76 degrees Fahrenheit. In the morning cut down, and let rise forty-five minutes to one-half its bulk, turn out on moulding board, divide into four parts and shape into loaves; place in pans and cover with clean cloth, and let rise until they double their bulk (one hour). Bake for fifty minutes in a moderate oven.

Bread set over night should be prepared late, and moulded into pans early in the morning in order to obtain the best results.

When dividing the dough for baking, reserve one-quarter for breakfast rolls. Pull dough into a sheet three-quarters of an inch thick, cut with biscuit cutter, brush over with melted butter; fold each biscuit through the center and pinch edges together firmly. Let rise to double their bulk and bake in a hot oven from twenty to twenty-five minutes. The amount of yeast should vary with season. In warm weather use one-half this quantity.

**WHEN IN A QUANDARY, CONSULT JOHNSTON—See page 113.**



# Prof. H. G. CLEMENS

## Hair and Scalp Specialist



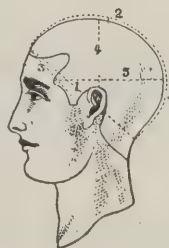
### All Diseases of the Hair and Scalp Scientifically Treated

Cured under guarantee. All cases given personal attention. Advice and consultation free.

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### Hair Work of Every Description

I make a specialty of Wigs, Toupees and Transformations. Highest class work only. My Toupees and Wigs are impossible to detect from the natural hair. If my work is not satisfactory you are under no obligation to pay.



### Chiropodist

A lifetime experience at your service in removing corns, bunions, etc. In-growing nails cured under guarantee. All foot ailments treated painlessly.

Suite 52-53 Empire Building  
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## SPECIAL RECIPES

### BREAKFAST DISHES

#### Cereal With Fruit

Mix three-fourths cup cream of wheat with one teaspoon salt and three-quarters cup cold water; add two cups boiling water, boil five minutes, then steam in double boiler thirty minutes; stir in one-half pound of dates, stoned and cut in pieces; serve with cream and sugar.

#### Foamy Omelet

Four eggs, one-half teaspoon salt, few grains pepper, four teaspoons hot water, one teaspoon butter. Beat yolks until thick and lemon colored; add pepper, salt and hot water; beat whites stiff and dry, cutting and folding them into first mixture. Butter omelet pan; turn out on hot platter.

#### Broiled Mackerel

Split fish, clean and remove head and tail, wipe as dry as possible, sprinkle with salt and pepper and place in well greased wire broiler. First broil on flesh side, then turn and broil on skin side, just long enough to make skin brown and crisp.

#### Tomato Omelet

Beat four eggs without separating until well mixed, add one-half cup of chopped tomato, one-half teaspoon salt and a dash of cayenne. Put a teaspoon of butter in an omelet pan; when hot add egg mixture; shake until set; fold and turn the omelet out on a hot platter.

#### Hamburg Steaks

Chop finely one pound lean raw beef; season highly with salt, pepper and one-half an onion finely chopped. Shape into small flat cakes, and broil in a greased broiler or frying pan. Spread with butter or serve with tomato sauce. A few gratings of nutmeg or one egg slightly beaten may be added.

#### French Fried Potatoes

Wash and pare small potatoes, cut in eighths lengthwise and soak one-half hour in cold water. Take from water, dry between towels and fry in deep fat. Drain on brown paper and sprinkle with salt.

#### Corn Beef Hash

Remove skin and gristle from cooked corn beef, then chop the meat; to chopped meat add equal quantity of cold boiled chopped potatoes; season with salt and pepper, put into hot buttered frying-pan, moisten with milk, stir until well mixed, spread evenly, place on middle of range to brown slowly underneath, turn out and fold on a hot platter. Garnish with parsley.

#### Codfish Balls

Wash one cup salt codfish in cold water, pick in small pieces, wash, pare and soak two heaping cups of potatoes; cook fish and potatoes in boiling water to cover until potatoes are soft; drain through strainer, return to kettle in which they were cooked, mash thoroughly; add one-half teaspoon butter, one egg well beaten, one-eighth teaspoon pepper, salt if necessary.

**WHEN YOU WANT A MESSENGER, PHONE SEYMOUR 7079.**

# Winnitoba Private Nursing Home

---

It isn't enough to love your baby, for by love alone you can not keep him with you.

"He died of neglect," declared an unhappy woman, in a choking voice. She spoke of her first and only child. "I did not know—I just didn't know." Who of us does not know and pity such a mother, and who has not known and pitied such a babe?

For years devoted doctors and nurses the world over have struggled to find the best way to help the tender mother over the great and highest crisis of her life, and the result of such study is the founding of our

## Modern, Private Nursing Home

of to-day, a place of refinement, where she can receive all that untiring service and love which she needs most at such a critical time.

We have undertaken to establish a Private Nursing Home that will fill every possible requirement, sparing neither time or expense, employing only the most expert nurses and embracing every convenience.

Nurse M. Robertson, who managed with such success the Home Street Nursing Home in Winnipeg, has complete charge of

## The Winnitoba Private Nursing Home

1353 Burrard Street

Phone Seymour 6733

Call or write for further particulars. Prices moderate. Always ready to receive you at any time.

Take up by spoonfuls, put in frying basket, fry one minute in deep fat, allowing six fish balls to one frying. Drain on brown paper.

### **Scrambled Eggs With Mushrooms on Toast**

Melt three tablespoons butter in a saucepan; add to this four eggs lightly beaten, two tablespoons finely chopped mushrooms, pepper and salt to taste. Stir this over the fire till it begins to thicken, then take it off the fire and continue stirring till of the consistency of thick custard. Pour it on squares of buttered toast and serve.

### **Rich Corn Cake**

Mix and sift one cup cornmeal, one cup white flour, three teaspoons Golden West Baking Powder, one-quarter cup of sugar, one-half teaspoon salt; add one cup milk gradually, two eggs well beaten and one-quarter cup of melted butter. Bake in buttered shallow pan in hot oven.

### **Hominy Waffles**

To one and one-half cup of freshly boiled hominy add three yolks beaten light, two cups of milk, one teaspoon of salt and two cups of flour sifted with two teaspoons of Golden West Baking Powder; add the three egg whites beaten stiff, and bake in waffle irons. Serve with maple syrup, maple sugar or powdered cinnamon. This sounds like a large amount, but as waffles are generally acceptable, there will not be too much for a family of five or six. These are also delicious for luncheon.

### **Oatmeal Muffins**

Sift one and one-half cups of Royal Household Flour, four teaspoons of baking powder, one-half teaspoon of sugar, then add one cup of cooked oatmeal mixed with one-half cup of B. C. Evaporated milk; add two tablespoons of butter or clarified fat and two egg yolks well beaten. Then fold in the two stiffly beaten whites. Bake in a hot oven, in well-buttered muffin tins.

### **Breakfast Rolls**

Use one and one-half pounds of bread dough when ready to shape into loaves. Make a long, even roll and cut into twelfths. Shape with thumb and fingers into round balls; set in an 11x16-inch pan if liked without crust, or two inches apart on a sheet if wanted crusty. Brush with butter; cover closely and let rise slowly for thirty or forty minutes. Then raise the temperature slightly for another half hour. They should more than double their bulk. Bake in a quick oven twenty to twenty-five minutes.

## **DINNER DISHES**

### **Broiled Chicken**

Singe, wipe and with a sharp pointed knife, beginning at the back of the neck, make a cut through the backbone the entire length of the bird. Lay open the bird and remove contents from inside. Cut out rib bones, remove breastbone, then cut through tendons at joints. Sprinkle with salt and pepper and place in a well-greased broiler. Broil twenty minutes over a



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Let us make up a Chesterfield or an Easy Chair for you. There is nothing in the way of Furniture that is quite so cozy looking and comfortable — nothing that we know of that would bring more genuine pleasure.

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clear fire. The flesh side must be exposed to the fire the greater part of the time. Remove to a hot platter, spread with butter and sprinkle with salt and pepper.

### **Ragout of Beef.**

Cut one pound round steak in one-and-one-half inch pieces, cover with cold water and bring quickly to boiling point. Cook slowly two hours, or until tender. After cooking one hour add one-half cup each of carrots and turnips, and one onion cut in slices. Twenty minutes before serving add three medium-sized potatoes cut in quarters; season with salt and pepper; thicken with a smooth paste of flour and water, and brown with a very little caramel.

### **Curry of Lamb or Mutton**

Brown one teaspoon of minced onion and one teaspoon of curry powder in two teaspoons of butter; add flour and thoroughly brown. Add one teaspoon of chopped mint and two cups of cooked chopped lamb; stir for a minute in order to mix the seasoning thoroughly with the meat. Add two cups of stock, and cook until the sauce has thickened. Season and serve within a rice border.

### **Fillet of Veal**

Four pounds fillet of veal, one onion, one stalk celery or one-half teaspoon celery seed, a bunch of sweet herbs, one carrot, one turnip, one-quarter pound fat bacon, two sprigs of parsley. Remove the bone from the fillet and fill the hollow with veal forcemeat; cut some even pieces of fat bacon one inch long, one-quarter inch square, and with these lard the fillet on the top; put in a saucepan the vegetables, cup up, also the herbs and parsley; lay the fillet on the top of this and pour round enough boiling water or stock to three parts cover it; add the juice of half a lemon, cover with buttered papers (see that the lid fits firmly), and simmer very gently two to two and a half hours; lift the fillet into a tin, pour round a little gravy, and put in a sharp oven for twenty minutes to take a nice brown; meanwhile reduce the gravy by boiling it fast with the lid off; dish the veal and strain over the gravy, and decorate the dish with cut lemon and forcemeat balls.

### **Cannelon of Beef**

Chop finely two pounds lean beef cut from round, add grated rind of one-half lemon, one teaspoon chopped parsley, one egg, one-half teaspoon onion juice, two teaspoons melted butter, few gratings of nutmeg, one teaspoon salt, one-quarter teaspoon pepper. Shape in a roll six inches long, wrap in buttered paper, place on rack in dripping and bake thirty minutes. Baste every five minutes with one-quarter cup butter melted in one-quarter cup of boiling water. Serve with mushroom sauce.

### **Baked and Stuffed Fish**

Clean fish, sprinkle with salt inside and out, stuff and sew; cut five diagonal gashes on each side of backbone and insert narrow strips of fat salt pork. Shape in skewers in form of letter S. Place on greased fish-sheet in dripping-pan, sprinkle with salt and pepper, brush over with melted butter and dredge with flour.

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for the typographical appear-  
ance of this publication.

### Stuffing

One-half cup cracker crumbs, one-half cup stale bread crumbs, one-quarter cup melted butter, one-quarter teaspoon salt, one-eighth teaspoon pepper, few drops onion juice, one-quarter cup hot water.

### Potato Puffs

Take one cup of hot or cold mashed potatoes, two tablespoons of cream, one egg, two teaspoons of melted butter, salt and pepper to season; if potatoes are cold stir over the fire until hot, adding the yolk of one egg; take from the fire; add the white of the egg, well beaten; heap on greased baking dish or in gem pans; bake in a quick oven until a nice brown.

### Riced Potatoes

Wash and boil the potatoes in salted water and drain. To a pint of potatoes add a teaspoon of salt and a tablespoon of butter. Toss about by shaking the handle of the saucepan, and when dry and mealy pass the potatoes through a ricer or vegetable sieve to a heated serving-dish. Do not touch them afterwards, but if not quite ready to serve keep hot over boiling water.

### Pineapple Sponge

Cover one-fourth of a box of gelatine with one-fourth cup of cold water. Drain the syrup from one can of pineapple; measure and add if necessary to make one and one-half cup. Heat to the boiling point, take from fire, add the gelatine and stir until dissolved. Strain and set aside until it begins to thicken, then add one-half cup of thick cream whipped to a solid froth and the whites of two eggs beaten until stiff and dry. Stir carefully together, and when thick add one cup of pineapple cut into tiny bits. Turn into molds previously wet with cold water and stand in a cold place until firm.

### Home-Made Charlotte Russe

Put a quarter of a box of gelatine into one-half pint of milk, and stand on the fire where it will be warm, not hot, stirring often till the gelatine is dissolved. Cool, and beat with an egg-beater till perfectly cold. Beat very stiff one pint of thick cream, using an egg-beater; add one-half cup of powdered sugar, flavor with vanilla, almond or sherry and fold into the milk; put into a mould and set on ice. Turn out when firm, and press halved lady-fingers all around.

### Raspberry and Currant Sherry

Boil one pound sugar in one quart of water for five minutes. When cold add one pint currant juice and one quart raspberries which have been mashed and strained; freeze, then add a meringue (i.e., white of egg beaten stiff with one tablespoon of sugar), which makes the mixture light and creamy. Serve in small tumblers or lemonade glasses.

### Caramel Pudding

Put one-half cup granulated sugar in a saucepan and stir constantly till melted to a syrup of a light-brown color; add one-half cup of milk. As soon as the sugar is melted in the milk, add one-half cup cornstarch and two



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tablespoons sugar mixed to a smooth paste in one and one-half cups milk. Cook mixture three minutes, then pour into a pudding-dish. Chill and serve with cream.

### **Swedish Apple Cake**

Make a thick, sweetened apple sauce. Fry stale breadcrumbs in butter. Put a layer of the crumbs in an earthen dish, cover with a layer of apple sauce, sprinkle sauce with cinnamon and repeat until dish is full. Have the last layer that of crumbs. Bake slowly. Turn out, and when cold garnish with whipped cream and serve.

### **Celery, Nut and Egg Salad**

Cut up the celery into one-inch pieces and slit each piece; rub dry on a towel, and put on ice; boil hard four eggs, cut in good-sized pieces, and prepare a small cup of English walnuts; make a good-sized cup of extra-stiff mayonnaise. Just before serving, mix lightly all the ingredients, add a little salt, and put into a salad bowl with celery leaves around the edge. Do not let it stand after adding the mayonnaise.

### **Rhubarb and Nut Jelly**

Stew the rhubarb till tender; put it into a mould with either almonds or English walnuts; strain the juice, add more sugar, if necessary, and sufficient gelatine; pour this over the rhubarb, and set away to grow firm.

### **Mayonnaise Dressing**

Success in making mayonnaise dressing generally depends upon all the ingredients being of the same temperature.

Two egg yolks, one teaspoon cayenne, one teaspoon salt, one teaspoon mustard, one tablespoon vinegar, one tablespoon lemon juice, one cup olive oil, one-quarter teaspoon paprika.

Mix salt, cayenne, mustard and paprika. Beat yolks well, and add to seasonings; beat until mixture is thick. Add olive oil drop by drop for the first four tablespoons, then more rapidly until oil is used, thinning as needed with lemon juice and vinegar.

### **Fruit Salad**

One-half pound almonds, four oranges, one can pineapple, three bananas, one-half cup French cherries, one cup of powdered sugar. Blanch the almonds and grate or chop very fine; pare and slice the oranges; cut pineapple into small dice; slice the bananas. Alternate the layers of fruit with the layers of sugar. Reserve the almonds for the top layer. Garnish with strawberries or other small, bright fruits; then add the following dressing and chill:

One-half cup lemon juice, two tablespoons sherry, two tablespoons Maraschino liquor.

## **SUPPER DISHES**

### **Cheese Rarebit with Tomatoes**

Cut enough fresh Canadian cheese into dice to make two cups; melt one tablespoon of butter in the chafing dish; add one-quarter cup of tomato pulp, one-quarter teaspoon of salt and a little red pepper. When this begins to boil

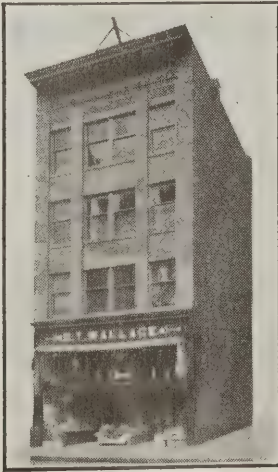
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add the cheese and stir steadily until it is melted and smooth. Add three-quarters cup of cream beaten with one egg, mix as quickly as possible and pour over toasted bread. There may be some chance of the tomato and cream separating. It is usually wiser to add one-third teaspoon of soda dissolved in warm water before putting it in the chafing dish. Rapid stirring should prevent any separating.

### **Cream Chicken**

Make a white sauce by melting two tablespoons of butter in a saucepan; add two tablespoons Royal Household flour, one-half teaspoon salt, a little pepper and celery salt; add one cup of milk, stirring constantly until it thickens, then add one and one-half cups cold cooked chicken and cook till chicken is heated.

### **Stuffed Eggs**

Boil six eggs hard and cut in halves. Remove the yolks carefully and mash fine with three tablespoons of cream or Napoleon olive oil; add three tablespoons of forcemeat and one tablespoon of chopped mushrooms, or stuffed olives chopped fine. Season and mix well. Fill the whites with the mixture, being very careful not to break the edges. Smooth the tops, brush over with a little of the raw white of the egg and fit the halves together. Cover with the egg and breadcrumbs, mushroom or tomato sauce.

### **Salmon Croquettes**

Make a thick white sauce with two tablespoons each of butter and flour and one cup of milk; add sauce to one and three-quarters cups cold flaked salmon, then add one teaspoon Empress lemon juice, salt and a few grains of cayenne; shape, dip in crumbs again, fry in deep fat, and drain on paper.

### **Jellied Chicken**

Dress, clean, and cut up fowl; put in a stew pan with two slices of onion, cover with boiling water, and cook slowly until meat falls from the bones. When half-cooked add one-half tablespoon of salt. Remove chicken, strain stock and remove fat. Decorate bottom of a mould with parsley and hard boiled eggs. Pack in meat freed from skin and bone and sprinkle with salt and pepper. Pour on stock and place mould under a heavy weight. Keep in cold place until firm. In summer it is necessary to add one teaspoon of Empress gelatine to stock.

### **Tomato Toast**

Cook down till thick one-half can of tomatoes, with a pinch of cloves half a teaspoon of salt, a dash of Empress cayenne, half an onion minced fine, and a teaspoon of minced parsley; have ready buttered toast without crust, and pour this over without straining.

### **Chicken Gumbo**

One chicken cut in pieces, one cup salt pork cubes, one-quarter cup onion, four quarts water, four tablespoons Royal Household flour, salt, pepper, cayenne, one cup of cream, one quart green okra, one tablespoon chopped red pepper, one bay leaf, sprig of thyme, four tablespoons butter, one cup rice cooked, one clove, garlic. Cook salt pork in frying pan five minutes; add chicken, and saute of a golden-brown. Remove chicken; add onion, garlic,



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okra cut in slices, and saute one-half hour. Add to chicken and cover with boiling water. Add pepper and seasonings, and cook slowly until chicken is tender. Melt butter; add flour and cream; cook five minutes; add chicken mixture. Serve, garnished with rice.

### Crabs in Red Peppers

Eight red peppers, one pint of crab meat, four tablespoons butter, four tablespoons of Royal Household flour, one tablespoon onion, salt, pepper, paprika, mustard, cayenne, nutmeg, one cup cream. Parboil red peppers. Make a white sauce with butter, flour, cream and seasonings. Add crab meat. Fill peppers with crab mixture, cover with buttered and seasoned soft bread-crumbs, and bake until crumbs are brown.

### Oyster Soup

Clean and pick over one pint of oysters, remove liquor, add oysters slightly chopped, and heat slowly to boiling point; strain through cheese cloth; reheat liquor and thicken with two and one-half tablespoons butter and two tablespoons Royal Household flour cooked together. Scald two cups of milk with a thin slice of onion, a stalk of celery, one blade mace, sprig of parsley, bit of bay leaf; remove seasonings; add to oyster liquor; season with salt and pepper.

### Cream of Pea Soup

Thoroughly cook one and one-half cups shelled peas. Brown one slice of onion in one tablespoon of butter; add the peas, one teaspoon of salt, two teaspoons of sugar, one sprig of mint and one-half of a bay leaf. Simmer twenty-five minutes or until sufficiently tender to press through a coarse sieve. Scald three cups of milk. Rub two tablespoons of butter and two tablespoons of Royal Household flour together until smooth; add sufficient milk to the roux to make it liquid, stirring continually that it may be smooth, and this to the remainder of the milk. Stir occasionally until the milk thickens; add one cup of cream and the peas pressed through the sieve. Season to taste, using onion and celery extract if desired, although the browned onion will give that flavor. One-quarter cup of very finely-chopped almonds is an agreeable addition to all cream soups; and to the pea soup, a cupful of finely-shredded lettuce added five minutes before taking from the fire gives an additional flavor.

### Potato Salad

One quart cold cooked potatoes sliced, one cucumber sliced, one cup diced celery, two cups boiled dressing, one teaspoon salt, one-quarter teaspoon black pepper. Arrange in alternate layers the potatoes and cucumbers, sprinkled with seasoning. Add the dressing. Do not stir, but lift carefully with forks.

### Waldorf Salad

One cup sliced apples, one cup celery diced, one tablespoon lemon juice, one-half teaspoon salt, one-half cup walnut meats broken in pieces, one cup mayonnaise or boiled dressing. Mix lightly apples, celery and nuts, being careful not to crush the fruit; sprinkle with salt, and add dressing.

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### Shortcake No. 1

Two cups sifted flour, one-half teaspoon salt, two teaspoons Golden West baking powder, one-quarter cup butter, three-quarters cup milk, one egg. Mix and sift the dry ingredients four times; cut and rub in the butter, add the milk, lastly the beaten egg. Spread on a buttered biscuit tin and bake in a quick oven. Split apart at the edge, cooling five minutes; spread with softened butter and fill with fruit.

### Apple Dumplings

One-half No. 1, five or six tart apples, one-half cup water. Pare, core and quarter the apples; place in a two-quart granite pan with the water and let cook slowly while preparing the crust. Roll the crust out to exactly fit the pan, cut several gashes to let out the steam, lay it over the hot apples; cover with a deep pie plate, cook on the top of the stove for one-half hour; set the pan on a trivet, if necessary, to keep the apples from burning; then lift the cover and brown the crust in a hot oven. Invert on a large platter and serve with brown sugar sauce or hard sauce. This is excellent also steamed for forty minutes.

### Baking Powder Biscuits

One quart sifted flour, one teaspoon salt, three teaspoons Golden West baking powder, two tablespoons butter, two cups B. C. Evaporated milk. Sift the dry ingredients together four times; cut and rub the butter into the mixture with the thumb and fingers, add the milk gradually, mixing and cutting through with a knife until the whole is a light, spongy mass. Turn on a well-floured board, roll lightly to one inch thick, cut with a biscuit cutter and bake in a hot oven from fifteen to twenty minutes. If two-inch cutter is used the rule will make eighteen biscuits.

### Apple Pancakes.

Apple pancakes need three well-beaten eggs, one pint of milk, a half teaspoon of salt, two tablespoons of sugar, two teaspoons of baking powder, two tablespoons of melted shortening and sufficient sifted flour to make a thick drop batter. Into this one pint of finely chopped apple tart. Serve with plenty of butter and spiced sugar or with a hard sauce flavored with vanilla and nutmeg.

## BEVERAGES

### Cold Russian Tea

Put six teaspoons tea in teapot; fill pot with freshly boiled water; let stand two minutes, then pour off and add juice of one-half lemon and sugar to taste. Stand on ice till cold.

### Pineapple Lemonade

Make a syrup by boiling one cup sugar and one pint of water together for ten minutes; add one can of grated pineapple, juice of three lemons; cool, strain and add one quart of water.

### Iced Chocolate

Put one ounce of unsweetened chocolate into a saucepan and pour on it gradually one pint of boiling water, stirring all the time. Put the saucepan



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on the fire and stir until the chocolate is all dissolved, then add a pint of granulated sugar and stir until it begins to boil. Cook for three minutes longer without stirring, then strain and cool. Add one teaspoon of vanilla extract, bottle and store in a cool place. When needed put two tablespoons of crushed ice in a tumbler and add two tablespoons of chocolate syrup, three tablespoons of whipped cream, one gill of milk and one-half gill of cold water. Stir thoroughly before drinking.

### Claret Lemonade

In a large glass put three-fourths tablespoon of sugar, six to eight drops of lemon juice. Fill glass nearly full of fine-shaved ice and the balance with water. Shake up well and add one-half glass of claret. Be careful to have claret flowing on top of lemonade.

### Sauterne Punch

In a large glass put one and one-half tablespoons fine sugar, two slices of orange and one slice of lemon. Fill with fine ice, then fill with sauterne and mix well.

### Fruit Punch

Boil one quart of water, two cups of sugar and two cups chopped pineapple twenty minutes; add one-half cup of lemon and one cup orange juice; cool, strain, and dilute with ice water.

## BREAKFAST MENUS

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Raspberries	
Cereal	
Grilled Bacon	
Muffins	Coffee

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Stewed Rhubarb	
Creamed Codfish	Baked Potatoes
Toast	Coffee

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Fruit		
Scrambled Eggs	Rolls	Coffee
Buckwheat Cakes	and Maple Syrup	

---

Watermelon	
Cereal	
Broiled Halibut	Potato Cakes
Toast	Coffee

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**DINNER MENUS**

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Tomato Soup  
 Boiled Fowl, Egg Sauce      Mashed Potatoes  
 Sliced Peaches  
 Cake      Coffee

---

Potato Soup  
 Roast Lamb, Mint Sauce, Green Peas  
 Fruit Salad  
 Coffee

---

Chicken Soup  
 Baked Fillets of Fish      Cauliflower  
 Cucumber Salad  
 Peach Shortcake  
 Iced Coffee

---

Curry of Lamb  
 French Fried Potatoes  
 Peas  
 Sliced Tomatoes  
 Fruit      Coffee

---

Chicken Croquettes  
 Tomato Sauce  
 Boiled Potatoes  
 Ice Cream      Coffee

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Vegetable Soup  
 Veal Cutlets      Mashed Potatoes  
 Creamed Carrots  
 String Bean Salad  
 Baked Apples      Coffee



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**SUPPER MENUS**

---

Codfish with Tomatoes  
 Beet Salad  
 Cake                      Russian Tea

---

Corn Soup  
 Jellied Chicken  
 Bread and Butter Sandwiches  
 Tea

---

Salmon Souffle  
 Lettuce Sandwiches  
 Cake                      Tea

---

Chicken Salad  
 Brown Bread and Butter  
 Sherbet Cake  
 Tea

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**FRUITS AND NUTS AND CANDY****Fruits and Nuts**

Fruit is especially wholesome, although not nutritious. The best time to eat fruit is in the morning. Most fruits are improved in flavor by being chilled.

A dish of different fruits attractively arranged makes a very acceptable center piece.

**To Prepare Fruit for the Table**

Apples should be washed and wiped dry. Berries should be looked over very carefully and, if dirty, washed by putting in a colander and allowing cold water to run gently over them, or place the colander in a bowl of cold water and raise up and down several times, then drain thoroughly and chill before serving.

Cherries should be looked over, and served with their stems on.

Bananas should be wiped and chilled.

Currants should be washed and drained, and served on the stem.

Figs, if the dried ones, should be washed, drained and chilled.

Grape fruit should be cut in halves, the pulp loosened from the skin, and the pith cut out, then chilled; it may be served plain, or sugar and wine may be poured over it just before chilling. Serve one-half grape fruit to each person.

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Grapes should be washed if dirty, but the bloom is then lost; if picked on one's own vines, it may not be necessary to wash them; but when bought in the market it is better to wash, drain and chill them.

Peaches and plums should be wiped with a soft cloth, and chilled before serving.

Quinces are never served raw.

Strawberries are often served with their hulls on around a mound of sugar; but if they are to be served with sugar and cream, of course they must be hulled and chilled.

Oranges may be chilled and served in the natural state; or prepared the same as grape fruit, and one-half served to each person; or peeled and the sections almost, but not quite, separated; or the orange may be cut in the shape of a basket, the pulp removed, the membrane cut off, and the basket refilled with the pulp, which may be sweetened or not.

Pineapples may be served in various ways; perhaps the most popular way is to cut off a slice from the top of the pineapple, then scoop out the center with a fork, and return pulp to pineapple, put on cover, chill and serve.

Pineapples may be cut in slices, the outer skin removed, and the tough pith taken out, then served one or two slices to each person.

If the pineapples are not fully ripe, it is better to remove the skin, pull the pulp in pieces with a fork, then cover with sugar and chill over night.

Pears should be carefully wiped and chilled before serving.

Melons should be thoroughly chilled. Cantaloupes should be cut in halves, have the seeds removed, and served one-half to a person. Watermelons should be cut in halves, then each half cut in pie-shaped pieces; serve one piece to a person.

Nuts are ordinarily served only at dinner. Hard-shelled nuts should be cracked, served in the shell, or without the shell.

Almonds are cracked, and a portion of the shell discarded, or they may be blanched and salted, and served with the bonbons.

Pecans, filberts, peanuts and walnuts are treated in the same way as almonds.

Castanas or Brazilian nuts are cracked and served in the shell.

## CANDY

### Butter Scotch No. 1

Three cups brown sugar, three-quarter cup water, two tablespoons butter, one-eighth teaspoon soda, one teaspoon flavoring, few grains salt. Boil all ingredients until a thread is formed when dropped from a spoon. Pour into hot buttered pans, crease, and let stand until hard.

### Butter Taffy

One cup molasses, one cup sugar, two-thirds cup butter, two-thirds cup milk, one tablespoon vanilla, few grains salt. Cook all ingredients until brittle when tried in cold water. Pour into hot buttered pans, crease and cool.

### Cream Candy

Two cups sugar, one cup water, one teaspoon cream of tartar, one teaspoon vanilla. Cook sugar, water and cream of tartar until brittle when



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tried in cold water; add vanilla; pour onto greased platter or marble. Pull as soon as it can be handled.

### **Molasses Candy**

Two cups molasses, two cups brown sugar, one-third cup vinegar, one cup water, two tablespoons butter, salt. Boil ingredients until brittle when tried in cold water. Pour into hot buttered pan; pull when cool enough to handle.

### **Peanut Brittle**

Two cups sugar, two cups shelled peanuts. Melt sugar; when a golden-brown add chopped nuts; pour into hot buttered pans, crease and cool.

### **Fudge**

Two cups sugar and one cup cream or milk, one-fourth pound chocolate unsweetened, small piece butter. When it begins to boil stir constantly; when it hardens slightly in water take from range, flavor with vanilla and stir till cool; turn in buttered tin; when cold cut in squares.

### **Home Caramels**

One-half pint bakers' chocolate grated, one-half pint sugar, one-half pint molasses, one-half gill milk and butter size of an egg. Boil till it hardens in water.

### **Walnut Panouchi**

Four cups light-brown sugar, one-half cup cream or milk; boil five minutes; put in one cup chopped walnut meats, boil about three minutes, then take off and stir until cool and thick enough to put on buttered platter.

## **PRESERVING**

### **Canning and Preserving**

Canned fruits are now more popular with most people than preserved fruits. The expense in preparing them is less, and the natural flavor is retained.

To prepare fruit for canning, look over carefully, reject imperfect fruit, and be sure that the fruit is clean.

The fruit may be cooked in a saucepan with just enough sugar to make palatable and water to keep the fruit from burning, and transferred to sterilized jars; or it may be put into sterilized jars in the first place, and cooked by steam—the latter method preserves the color and flavor better.

To sterilize jars, put jars into cold water, bring water to the boiling point, and boil ten minutes; fill jars with cooked fruit, and pour in syrup to overflowing; adjust rubbers and covers. Invert and let stand on folded cloth until cold; if there are not air bubbles place jars in a cool, dark closet to keep. If air bubbles are present, take off cover, reheat, and add more hot syrup and proceed as before.

### **Canned Apples**

Four pounds apples, one pound sugar, two pints cold water, juice and rind of two lemons. Pare and core the apples; cover with cold water. Boil sugar and water five minutes; add apples and simmer until tender; add lemon

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juice and rind; place apples in sterilized jars; fill to overflowing with syrup; adjust rubbers and covers; set in a cool place until cool, then keep in dark, dry closet.

### **Canned Blackberries**

Four quarts blackberries, two pints sugar. Place sugar and berries in preserving kettle, let stand several hours, then cook slowly until the boiling point is reached; boil five minutes; fill sterilized jars and seal.

### **Canned Blueberries**

Blueberries are canned the same as blackberries, allowing one-half cup water for every four pounds of blueberries.

### **Canned Cherries**

Four pounds cherries, one to two pounds sugar. Stone the cherries or not, as preferred. Place sugar and cherries in preserving kettle over night. Cook slowly until boiling point is reached, skim, fill sterilized jars, and seal.

### **Canned Peaches**

Four pounds peaches, two pounds sugar, one pint water. Pare peaches and cook in sugar and water, either whole or in halves, until tender. Arrange in jars, fill with syrup, and seal. Pears, pineapples and plums are canned in the same way as peaches.

### **Canned Raspberries**

Four pounds raspberries, two pounds sugar. Arrange berries and sugar in alternate layers in glass jars; set jars on trivet in large boiler two-thirds full of water; cover and cook until the water in boiler boils vigorously. Remove jar; if berries have settled, refill from another jar, and seal.

### **Canned Strawberries**

Prepare in the same way as canned raspberries.

### **Canned Tomatoes**

Remove skins from tomatoes; boil hard twenty minutes; fill sterilized jars, being careful to keep seeds away from rubbers. Seal, and keep in cool place.

### **Grape Jelly**

Remove stems from grapes. Mash; boil twenty minutes; strain, but do not squeeze; process as for currant jelly. Half ripe and half green grapes make the best jelly.

### **Apple Marmalade**

Apples with considerable flavor are best for marmalade. Wash core, and cut apples in slices; put in kettle, add enough water to keep apples from burning. Cook slowly until mushy, press through a sieve, add equal amounts of sugar and apples, and flavor with orange or lemon juice. Cook until water is evaporated; fill glasses, and cover. All fruits may be made into marmalades by following the above directions. If the fruit lacks flavor, lemon juice, lemon rind, or ginger root may be cooked with the fruit.



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